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Study: Some breast cancers regress on own

HEALTH A significant portion of invasive breast cancers may regress on their own without treatment, a new study that is bound to provoke controversy suggests.

The study, published yesterday in the journal Archives of Internal Medicine, suggested breast cancer screening may be leading to over diagnosis of cancer, with upwards of 22 per cent of cases likely to resolve themselves.

Once a breast cancer is found, however, it wouldn't currently be considered ethical not to treat.

So — if the theory is correct — large numbers of women may be having surgeries, radiation, chemotherapy and other treatments that would never have been needed if their cancers hadn't been detected.

THE CANADIAN PRESS

Education pg 19

E-learn while you work

Health pg 29

Tooth decay in babies on rise

ShareYourViews
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Express routes on table

TTC buses would cost twice regular fare

On the heels of yesterday's system-wide bus improvements, the TTC is considering expanding its roster of premium express buses to provide faster, more expensive rush-hour service in areas where GO isn't available or is operating at capacity.

The TTC already operates two kinds of express service: buses that stop at selected intersections, and four routes that offer direct rapid service during rush hour at double the regular fare.

Tomorrow, city councillors on the transit commission will consider potentially viable premium express routes, said TTC chair Adam Giambrone. But the possibilities for creating them are limited, he said.

"During peak hours you have to figure out how long it takes to get there, how long it takes to get back, so in most cases you can make three trips in the rush hour. Of course, that's a bus that's not in service for the general population. It's a fine balance," he said.

To make a route viable, people must be willing to pay the double fare and there must be enough of them who want to go to the same area, he said.

Another report to tomorrow's commission meeting rejects a proposed premium express route on Lake Shore Boulevard West. Other service improvements along that road, including the expansion this week of the Prince Edward 66 bus and better management of the Queen 501 streetcar, should mitigate demand for an express bus, says the report.

TORSTAR NEWS SERVICE

Additions to be temporary: Chair

- TTC chair Adam Giambrone said the idea would be to create a temporary service with the hope GO Transit will eventually be able to carry those longer-distance riders, eliminating the need for TTC's express routes.

Couple driving change through fat-fuelled tour

RECORD Since starting their North American road trip, Cloe Whittaker and Tyson Jerry have stopped at a lot of fast-food restaurants.

But the pair, who left British Columbia on Oct. 1, aren't breaking for snacks — they're refueling their van.

Under the name "Driven to Sustain," the two young environmentalists are driving across each province, territory and state in the continent in a Mitsubishi Delica powered by vegetable oil. The couple, both in their 20s, obtain used oil for free from local restaurants, saving hundreds of dollars and carbon emissions.

They hope to set a new world record for the longest journey by car using alternative fuel, with a goal of 45,000 kilometres in about six months. The title currently belongs to four Germans, who drove 38,137 kilometres in a Volkswagen Caddy EcoFuel run on natural gas two years ago.

"It's about more than fuel," Whittaker said yesterday in North York.

"We have this incredible technology (for the car), but really, change has to come from people's mentalities."

So far, Whittaker and Jerry have spread the gospel of green living in about 20 cities, from Victoria, B.C., to Toronto. They plan to stay in the GTA until Thursday, when they leave for Montreal.

TORSTAR NEWS SERVICE

DAVID COOPER/TORSTAR NEWS SERVICE

Canadians Cloe Whittaker, 22, and Tyson Jerry, 24, plan to visit all the provinces and territories of Canada and every U.S. state using waste cooking oil donated by restaurants as they go. They expect to break the record of 45,000 km for an alternate powered vehicle.

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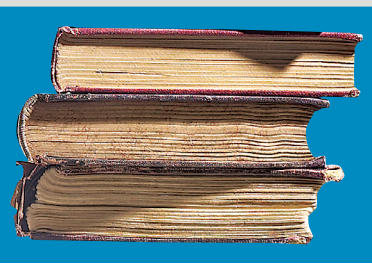
Man shot in jaw near Jane and Finch
A 19-year-old Toronto man is in hospital after being shot in the jaw yesterday. Police were called to the scene near Jane Street and Finch Avenue after shots were heard about 2:45 p.m. Police say a suspect fired his gun while chasing the victim, who later checked himself into hospital. TORSTAR NEWS SERVICE

Local



Teachers want to restart talks

The union representing striking teaching staff at York University says it has put the wheels in motion to restart talks. The Canadian Union of Public Employees 3903 said it would present revised demands to the mediator. If the mediator felt the changes were significant, the two sides would be brought back to the bargaining table.

TORSTAR NEWS SERVICE

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Tomorrow's Metro

Car Guide

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Daily Keno: 2, 3, 5, 9, 11, 12, 16, 17, 27, 29, 31, 32, 33, 34, 41, 42, 64, 66, 67, 70.
These results are not official.

News in brief

CRIME A 16-year-old was stabbed in the chest last night after he refused to give up his iPod. Police say the attack took place in the area of Kingston Road and Lawrence Avenue East. TORSTAR NEWS SERVICE

TTC assaults hushed

Report says many transit workers not reporting attacks

TTC workers have been dramatically under-reporting on-the-job assaults, according to a survey of more than 9,000 transit employees by an outside consultant.

An internal TTC report showed 1,886 assaults occurred between 2003 and 2007. But when the consultant surveyed workers in March, 3,649 said they had been assaulted.

That finding suggests 96 per cent of workers whose job could have involved a report of assault claimed to have experienced one, according to the survey results from Behavioural Sciences Technology Inc., which was hired to make the TTC a safer workplace.

A Toronto Star investigation published earlier this year found TTC drivers suffered more incidents of post-traumatic stress than city police officers, largely because of assaults.

Some workers told the consultants they had been assaulted by other employees.

But the report, posted on the TTC's internal website, suggests the vast majority of the unreported incidents resulted from a lack of empathy and support from management and co-workers and an internal culture that discourages reporting.

TORSTAR NEWS SERVICE

Employees discouraged

- Many of the surveyed employees said they were discouraged because shields on buses and streetcars have not been installed and police and special constable communications are poor.

Wind storm brewing in Scarborough

Are you for or against wind farms?

Approximately 1,000 people who overflowed the auditorium of Sir Wilfrid Laurier Collegiate on Guildwood Parkway in Scarborough last night debated the question at a meeting that mixed neighbourhood angst with debate over the pros and cons of Toronto Hydro's proposed offshore wind farm.

The first stage of the project is to place what amounts to a small weather station on a platform about two kilometres off the Scarborough Bluffs to measure wind speeds.

If conditions are favourable, Toronto Hydro would like to build about 60 turbines in the lake, sprinkled over an area 25 kilometres long, extending as far east as Ajax and as far west as the waters off the Leslie Street Spit.

But the sometimes raucous meeting turned into a discussion over who was from Scarborough, now part of the City of Toronto. Environmental groups had bused supporters to the meeting from outside the immediate area.

The proponent of the wind farm is Toronto Hydro Energy Services, an unregulated unit of Toronto Hydro Corp., which is owned by the City of Toronto.

Supporters of the wind turbines were taken aback at local opposition to the proposed turbines; some residents fear the lake view will be spoiled, their property values will suffer and migratory birds will be killed or disrupted.

TORSTAR NEWS SERVICE

AARON HARRIS/TORSTAR NEWS SERVICE

Susan Crofts, a member of the East Toronto Climate Action Group, blows on a pinwheel yesterday outside the Offshore Wind Research Open House in Scarborough.

Teacher pleads guilty to luring student on Net

By all accounts, Dina Calautti was a popular Brampton high school teacher who helped turn failing students into achievers.

But today, the 36-year-old Mississauga woman has a criminal record because she didn't stop communicating over the Internet with a lovestruck student.

Calautti was visibly upset yesterday as she pleaded guilty to Internet luring in a Brampton courtroom in a soft voice, barely above a whisper.

Justice James Keaney will sentence Calautti on Jan. 15.

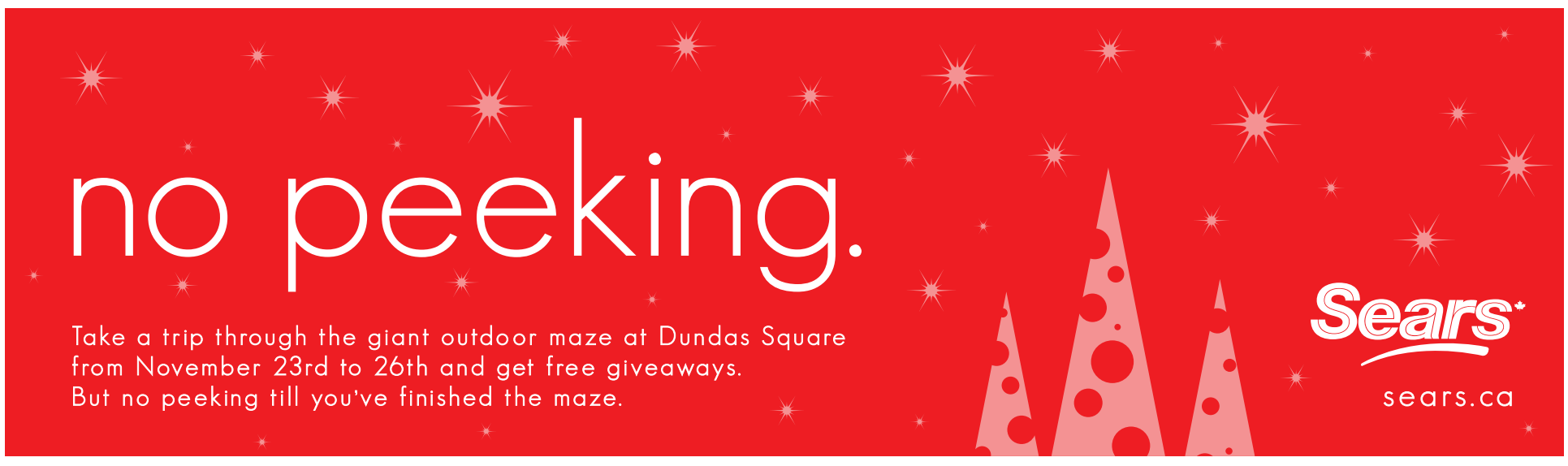
"They never met outside school ... there was no sex," Crown prosecutor Aimee Gauthier told the court while reading an agreed statement of facts into the record. No evidence about the communications between teacher and student were filed.

The basis for the charge that she pleaded guilty to stems from the fact that she knowingly communicated with a person under the age of 18, whom she was aware had romantic interest in her and never ceased communications.

TORSTAR NEWS SERVICE

Plea

- Her plea was in connection to a week of inappropriate communications with a 16-year-old male student, whose communications with her began because he was depressed over breaking up with his longtime girlfriend.



Shot man won't lose his eye

An 18-year-old Toronto man shot in the temple will not lose his eye as earlier feared, police say. The man, who was in stable condition last night, was shot Sunday. Police are searching for two men in their 20s seen fleeing the scene. TORSTAR NEWS SERVICE

Kindred pot gathering

Marijuana activists rally for arrested owner of café

A small crowd of pot activists lit up on the steps of Old City Hall yesterday morning to protest against last week's police raid on the Kindred Café, a local hangout for medicinal and recreational marijuana smokers.

"We're here, we're high, get used to it," chanted the group of about 20 people, some waving flags emblazoned with a marijuana leaf, others were crowned with wreaths of bright green foliage.

The rally was a show of support for the Kindred's owner, Dominic Cramer, who later turned himself in to police.

Cramer wasn't present when police raided the three-storey café Thursday evening on suspicion of marijuana trafficking, seizing furniture and equipment and taking two people into custody.

Cramer, who has no criminal record, is expected in court today for a bail hearing, although it's unclear at this time what charges will be laid. His fans yesterday pledged to return for the hearing.

"We're not going to let them take us one by one," Matt Mernagh said into a loudspeaker, a lit joint in his other hand.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Gavin Christensen, owner of the Toronto Seed Bank, smokes a joint yesterday in front of Old City Hall. Marijuana activists lit up in front of Old City Hall in support of pot activist Dom Cramer.

Mernagh, who smokes up to 10 grams of pot each day to relieve the pain of scoliosis, spent nearly two weeks in jail this summer after Toronto police found marijuana plants on his balcony. The charges were dropped last week, he said.

He said the protest was about the "greater issue" of marijuana regulation, but that all present were patrons of the Kindred Café, one of the few places where medicinal users could smoke and socialize.

Chad Cooke, spokesperson for the café, said Cramer appreciates the support, but doesn't condone the rally. "Right now, he's dealing with this challenge (of turning himself in). Afterwards, maybe we can deal with the larger issue," Cooke said as he watched the activists yesterday.

The Kindred closed after the raid, but should reopen sometime this week. Customers will still be allowed to smoke pot on the rooftop patio, Cooke said.

TORSTAR NEWS SERVICE

Son appears in court after father, 83, found dead

A 48-year-old man charged with assaulting his deceased 83-year-old father stumbled into a prisoner's box yesterday for his first appearance in a Finch Avenue courtroom.

Dressed in a two-piece orange prison outfit, David Fischer uttered only part of his name when asked, then swivelled about the small, glassed-in area, sneering at times.

He is accused of assaulting Miksa "Max" Fisher in the modest home the senior shared with his 79-year-old wife Carmen. The couple has five adult children.

Fischer looked bewildered throughout the brief appearance, at one point holding up his left arm — part of a tattoo was concealed by a cast covering his hand and wrist.

He is to remain in custody in hospital until a bail hearing Thursday.

Meanwhile, police await the results of an autopsy to determine what caused Max's death. The elderly man had numerous medical issues, police said.

TORSTAR NEWS SERVICE

Squirming

- Fischer, who does not have a criminal record, gestured obscenely at whoever looked his way. He squirmed through much of his time in court. Fischer was arrested Sunday morning after police were called to his father's Rathburn Road house, near Highway 427 and The West Mall in Etobicoke.

Company asks public not to purchase stolen items

THEFT A Guelph-area company is pleading with consumers not to buy any of $250,000 in stolen liquor, meat and snow tires, even if times get tough.

"I know the economy is bad and everyone will settle for lower costs," said Randeep Sandhu, a co-owner of a Load Solutions outlet. "But these things ... they're stolen. It's tough ... We knew people were watching the area for a while, but we never called police."

Surveillance footage of the Saturday night heist at a Load Solutions lot at 7294 Mason Rd. in Puslinch Township shows at least six thieves arriving in two cars to cut their way into a locked compound. They stole four trailers, which held $31,000 in winter tires, $23,000 of chicken breasts , $51,000 of Bacardi liquor and $143,000 of striploin beef.

Police found two empty trailers yesterday in Brampton and Mississauga.

TORSTAR NEWS SERVICE

News in brief

CRIME A Toronto woman is recovering after being sexually assaulted at a nightclub. Police say a man followed the victim into the washroom of a club and sexually assaulted her in the Peter Street and Adelaide Street West area around 2 a.m. Saturday. The suspect is described as being in his early 20s, with a slim build, and has brown hair with a faux-hawk hairstyle.

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Consultant's report pans ferry plan

Too slow, too expensive

A consultant's report has thrown cold water on the idea of a TTC ferry service to carry commuters downtown from the Scarborough Bluffs and Humber Bay areas.

The idea was floated last year by TTC chair Adam Giambrone and, despite skepticism, the commission voted to study the matter.

The report by transportation consultant Richard Soberman suggests ferry travel times would be about 24 minutes between Humber Bay and downtown and 38 minutes from Bluffer's Park.

That's 30 to 50 per cent longer than the same trip on a GO train. Even existing TTC service is 10 per cent faster, the report says.

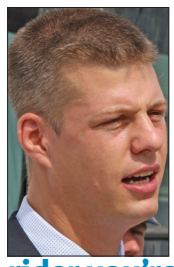
It would also be expensive, costing at least $20 million in initial capital costs and $6.5 million annually in operating expenses for each of the two routes.

Ferry terminals would be another $6 million. New 350-passenger boats would likely cost about $8 million each, but used equipment might be a cheaper option.

In that case, operating expenses would be higher.

Two vessels would be required on each route to run every 35 minutes from Etobicoke and every 50 minutes from Scarborough.

Commuters can buy a GO train ticket for about $3.50 to cover the same distance as the proposed ferry, which would require an $11.50 subsidy per passenger from Etobicoke and a $39 subsidy from Scarborough, according to the report.



"Even though the capital costs per rider sound high, if you look at the capital costs for a subway rider you're going to also find they're incredibly high."
Adam Giambrone, TTC chair

Providing reliable service in bad weather would also be a challenge, it says.

Preliminary ridership forecasts suggest that with fares similar to existing TTC charges, the Etobicoke ferry might attract up to 1,000 passengers a day and about 300 from Scarborough.

Giambrone says he knew the idea was "a long shot."

But, he added, "Even though the capital costs per rider sound high, if you look at the capital costs for a subway rider you're going to also find they're incredibly high."

TORSTAR NEWS SERVICE

Airfares

ORLANDO $6
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Jamaica	Travel Jan 13 - Jan 20/wg	$95 + taxes & fees $266
London	Travel Dec 1 - Dec 5/ts	$99 + taxes & fees $448
Cancun	Travel Jan 6 - Jan 13/wg	$105 + taxes & fees $277
New York City	Travel Jan 21 - Jan 28/pd	$198 + taxes & fees $117
St Lucia	Travel Jan 19 - Jan 26/wg	$295 + taxes & fees $207

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Grand Paradise Bavaro + taxes & fees $309
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Puerto Plata 4-Star $398
Viva Wyndham Tangerine Palace + taxes & fees $318
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Dec 7/sgn/5g. ADD Santo Domingo city tour from $73.

Varadero 4-Star $475
Mecure Playa de Oro + taxes & fees $210
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Las Vegas 4 Nights $269
Circus Circus Hotel & Casino + taxes & fees $212
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Paris Getaway $749
Hotel Murat + taxes & fees $395
INCLUDES roundtrip airfare, 5 nights 3-star accom and daily breakfast. Departs May 12-18/inf/ts. ADD afternoon bike tour from $43.

Ski Holidays

BANFF $449
Inns of Banff + taxes & fees $56
INCLUDES 4 nights 3-star accom and 3-day lift pass. Departs Jan 25/usv. UPGRADE to 5-star Fairmont Banff Springs from $40 per night. ADD 4WD car rental from Calgary with unlimited milage from $40 per day.

Mont Tremblant $499
Les Suites Tremblant + taxes & fees $49
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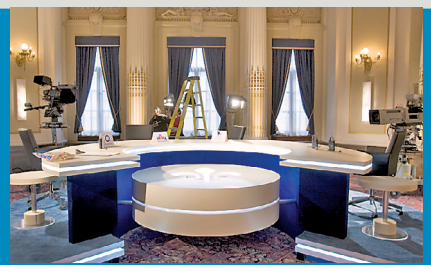
Ahenakew not in right state of mind, testifies nurse

David Ahenakew, 75, sat quietly throughout the first day of his second trial on the charge he wilfully promoted hatred both during a 2002 speech and immediately afterward in comments he made to a newspaper reporter. The trial heard testimony from a nurse that he was not in his right state of mind when he made the comments. THE CANADIAN PRESS

Canada



Quebec debate revamped

A revamped format and the appearance of the first woman party chief in a Quebec election debate will be among the new wrinkles when voters tune in to see Jean Charest, Mario Dumont and Pauline Marois square off tonight. The two-hour French debate will start with a question from a voter and there will also be three one-on-one encounters of three minutes each. THE CANADIAN PRESS

Tougher family law proposed

Toronto lawyer Zahra Dhanani got a call last week from an abused woman who was forced to allow custody of her six-month old baby to her former partner and alleged abuser. Last month, she got a call from a woman who spent all her savings in a fight to resolve her child custody battle.

Yesterday, Dhanani expressed hope that lawmakers are listening to the voices of women and children as Ontario's Attorney General Chris Bentley brought forward proposed changes to family law that would toughen requirements for those seeking custody of children, make it easier to obtain restraining orders and set out new rules on how to divide the pensions of divorcing couples.

Changes

- Police checks done on non-parents seeking custody.
- Better judicial access to family or court files.
- Disclosing any Children's Aid Society record.

"We welcome these changes," said Dhanani, the legal director of the Metropolitan Action Committee on Violence Against Women and Children.

In addition, the reforms go after parents who do not properly disclose how much money they make when family support is an issue after a breakup.

TORSTAR NEWS SERVICE

Military **Court martial**

STEVE WADDEN/THE CANADIAN PRESS

Cpl. Matthew Wilcox, 23, of Glace Bay, walks to his military court martial in Sydney, N.S. yesterday. Wilcox was charged in the death of Cpl. Kevin Megeney. Megeney, 25, died in his tent on March 6, 2007, at the NATO base in Kandahar. The Defence Department said he was shot in the chest.

Wilkins offers high praise for Canada

POLITICS Canada is owed a "debt of gratitude" for undertaking "some of the heaviest lifting" in Afghanistan during the war on terrorism, says David Wilkins, U.S. ambassador to Canada.

David Wilkins

"Every freedom-loving nation owes Canada a debt of gratitude for the heroic role Canadian forces are playing in the war on terror in Afghanistan," Wilkins told the Economic Club of Toronto yesterday.

"Canada is doing some of the heaviest lifting in the toughest parts of Kandahar and deserves our steadfast thanks and praise."

Wilkins, who leaves his post in about eight weeks, also applauded the strong bilateral relationship between the United States and Canada.

TORSTAR NEWS SERVICE

News in brief

BAILOUT The making of a new-generation Camaro "muscle car" at General Motors in Oshawa — with Ontario government help — shows why Premier Dalton McGuinty must be careful with any bailout aid to the troubled Detroit Three, says NDP Leader Howard Hampton. TORSTAR NEWS SERVICE

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PSAC reaches agreement with Treasury Board
The Public Service Alliance of Canada announced yesterday it reached a tentative wage agreement with the Treasury Board. THE CANADIAN PRESS

Bill causing backlash

The Ontario government is getting an increasingly rough ride over plans to limit the number of young passengers that drivers aged 19 and under can take in a car.

"You can't legislate any dot and dash of someone's behaviour."
Ontario NDP leader Howard Hampton

The New Democratic Party is uniting with the Progressive Conservatives in a push for public hearings across the province on the restrictions, which have prompted over 100,000 people to join a Facebook group opposing the limit.

"You can't legislate any dot and dash of someone's behaviour," New Democratic Party Leader Howard Hampton said yesterday.

Under proposed legislation, drivers aged 19 and under would be allowed to carry only one passenger aged 19 or younger during the first year of a class G2 licence.

There would be an exemption for family members.

Hampton noted the limit would make it tougher for teens in suburban, rural and northern parts of the province — where there is little or no public transit — to get to school, work, hockey practices and other sporting and social events

The government has taken its big brother act too far, Hampton said, portraying Premier Dalton McGuinty as a man "sitting in Toronto" and isolated from the real world.

TORSTAR NEWS SERVICE

Commuters feel pressured to e-mail in car

KRISTEN THOMPSON
Metro Canada

WORK Commuters are becoming increasingly dependent on mobile technology like BlackBerries and iPhones to keep up with work on their way to and from the office.

But that need to stay connected is coming at the expense of our safety with many people texting behind the wheel, according to a new Angus Reid study.

The Commuting And Staying Connected omnibus found that 23 per cent of Canadians surveyed said they need to have access to text messaging, phone and e-mail while commuting.

Nearly one quarter said they text en route to the office to make better use of time, while 8 per cent said they feel they're letting down their employer if they don't answer work-related phone calls or e-mails in the car. Cellphone use while driving is banned in Newfoundland and Labrador, Quebec and Nova Scotia. Ontario is expected to do so soon.

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Paradisus
Punta Cana Resort • 5★
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Ray Perrault dead at 82
Former Liberal senator Ray Perrault has died at age 82. He had been fighting a lengthy battle with Parkinson's. THE CANADIAN PRESS

No stimulus: Flaherty

Canada will likely enter a technical recession by early next year, but the federal government is not planning to unveil an economic stimulus package in its next economic update, says Finance Minister Jim Flaherty.

The country appears bound to enter a recession — defined as two consecutive quarters of economic shrinkage — in the first quarter of 2009 but Ottawa will take no immediate action, having already brought in tax cuts to prevent a serious downturn, Flaherty said yesterday.

"We are not in a recession right now. Going forward it's reasonable that we will have a technical recession, that is this quarter and next quarter," said Flaherty, who was speaking in Toronto on the topic of public-private partnerships.

Jim Flaherty

Flaherty will update the House of Commons on the state of the Canadian economy this Thursday, but has no plan to introduce any new measures to stimulate the economy until the next budget is tabled in March.

Flaherty did say the Tory government is looking to find infrastructure projects that can be started immediately and will boost the economy..

THE CANADIAN PRESS

Harper

- Prime Minister Stephen Harper said Sunday that any infusion of government money into Canada's economy would be effective and would not result in a deficit.

Natynczyk welcoming surge

AFGHANISTAN Washington's promise of up to 20,000 more troops for Afghanistan is a welcome and vital reinforcement at a time when security is getting worse and Canadians soldiers are facing contingents of well-trained foreign fighters with "sophisticated" equipment, the head of Canada's military says.

Canadian, allied and Afghan troops "stood their ground" against Taliban attacks in what shaped up to be a "tough summer," Gen. Walt Natynczyk, the chief of defence staff, said yesterday.

Natynczyk said the upcoming surge by U.S. forces is essential to hold ground and ensure security in the run-up to the Afghan vote next fall. U.S. president-elect Barack Obama has committed to send three or four additional brigades, creating a total of 20,000 more troops, into Afghanistan next year.

TORSTAR NEWS SERVICE

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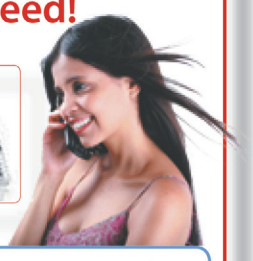

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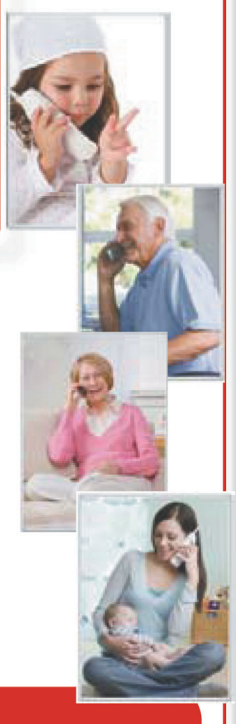

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Longtime Biden aide picked to fill his Senate seat

Edward (Ted) Kaufman, a former aide to Senator Joe Biden, was named yesterday by Delaware Gov. Ruth Ann Minner to fill the Senate seat Biden is leaving for the vice-presidency. THE ASSOCIATED PRESS

World

Muslim charity leaders convicted

A Muslim charity and five of its former leaders were convicted yesterday of funneling millions of dollars to the Palestinian militant group Hamas, finally handing the U.S. government a signature victory in its fight against terrorism funding. Noor Elashi, left, spoke about the guilty verdict rendered against her father, Ghassan Elashi, in Dallas, saying, "My dad was persecuted for his political beliefs. It's as pure and simple as that." THE ASSOCIATED PRESS

Anchor **Six months for hacking**

MATT ROURKE/THE ASSOCIATED PRESS

Former KYW-TV newscaster Alycia Lane exits the federal courthouse in Philadelphia. Larry Mendte was sentenced yesterday to six months of house arrest after hacking into former co-anchor Lane's e-mail and leaking gossip that contributed to her downfall.

U.S. court refuses to block Khadr trial

GUANTANAMO A federal judge yesterday refused to block the military trial of Canadian Omar Khadr, who was charged with killing a U.S. soldier while still a juvenile.

Khadr argued in pleadings in U.S. District Court that the Military Commissions Act doesn't give the military the ability to try juveniles. He also said he should have been detained in "a rehabilitation and reintegration program appropriate for former child soldiers" instead of being taken to Guantanamo Bay. THE ASSOCIATED PRESS

Obama pushes stimulus bill

Citing an "economic crisis of historic proportions," president-elect Barack Obama urged Congress to pass a costly job-creating stimulus bill as quickly as possible in a rare pre-inaugural call to action that was delivered as the outgoing administration approved fresh billions to bail out one of the largest U.S. banks.

Stock prices surged higher — the biggest two-day percentage gain for the Dow Jones industrials in 21 years — as investors took heart yesterday from the actions and words of the incoming and departing chief executives.

"If we do not act swiftly and boldly, most experts now believe that we could lose millions of jobs next year."
Barack Obama

"If we do not act swiftly and boldly, most experts now believe that we could lose millions of jobs next year," said Obama, 57 days shy of taking office in the shadow of the worst economic crisis since the Great Depression.

He blended criticism of Detroit's beleaguered Big Three automakers — General Motors, Ford and Chrysler — with a pledge of support for government aid to help them survive. "We can't allow the auto industry to ... vanish," he said, though he added that a blank cheque for an industry resistant to change was not the solution.

Obama said he wanted Congress to act "right away" on a stimulus measure that would blend spending and tax cuts. Asked for details, he said without elaboration that he wanted a measure "of a size and scope that is necessary to get this economy back on track." THE ASSOCIATED PRESS

Bush pardons 14 convicts, Black not on list

GRANTS U.S. President George W. Bush granted pardons yesterday to 14 individuals and commuted the prison sentences of two others convicted of misdeeds including drug offences, tax evasion, wildlife violations and bank embezzlement.

Former media mogul Conrad Black has requested Bush commute his 6½-year prison sentence. However, his name is not on the list.

Offences

- The crimes committed by those on the list also include offences involving hazardous waste, food stamps and the theft of government property.

Black, 64, was convicted last year of a $6.1-million fraud and obstruction of justice related to his eight-year spell as head of Hollinger International Inc. He is serving his sentence down in Florida following an unsuccessful appeal.

More grants are expected to come. THE ASSOCIATED PRESS

News in brief

IRAQ A female suicide bomber killed seven people after blowing herself up in Baghdad yesterday among Iraqis waiting to enter the U.S.-protected Green Zone, where legislators plan to vote this week on a pact that would let American forces stay for up to three more years. THE ASSOCIATED PRESS

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Mother defends Arizona boy accused of killing father
The eight-year-old Arizona boy accused of fatally shooting his father and another man is a "good little boy" who loved his dad, his mother Eryn Thomas said yesterday in an interview on ABC's Good Morning America. THE ASSOCIATED PRESS

Last spacewalk comes to close

Two astronauts are safely back inside the International Space Station after finishing a spacewalk to clean and lube a jammed solar-wing rotary joint.

Spacewalkers Stephen Bowen and Shane Kimbrough ended their six-hour, seven-minute spacewalk by climbing back inside a space station airlock.

It was the fourth and final spacewalk during space shuttle Endeavour's nearly two-week visit to the space station.

Just before the spacewalk began, NASA added a 16th day to space shuttle Endeavour's mission.

Managers wanted to give the astronauts more time to fix a machine that's supposed to turn urine into drinking water.

Additional repairs were performed yesterday for the fifth day in a row.

THE ASSOCIATED PRESS

Facebook wins judgment against Montreal spammer

INTERNET Facebook has won a $873 million US judgment against a Canadian man who bombarded the popular online hangout with sexually explicit "spam" messages.

The victory, sealed with a judge's order issued last Friday, probably won't yield a windfall for privately held Facebook Inc., whose revenue this year is expected to range between $250 million to $300 million.

Court records indicate the alleged spammer, Adam Guerbuez of Montreal, has been difficult to find since Facebook sued him four months ago.

But Facebook is hoping the size of the judgment will scare off other spammers who might be tempted to target the Palo Alto, Calif.-based company's audience of more than 120 million users.

"We are fighting hard to protect you against spam and other online nuisances."
Max Kelly

"Everyone who participates constructively in Facebook should feel confident that we are fighting hard to protect you against spam and other online nuisances," Max Kelly, Facebook's director of security, wrote yesterday on the company's blog.

Guerbuez could not be reached for comment.

THE ASSOCIATED PRESS

News in brief

SENIORS The FBI is warning people about a scam in which grandparents have sent thousands of dollars they believed was for grandchildren in trouble in Canada. FBI spokesman Mike Brooks says at least four households in the Dayton, Ohio, area and three in eastern Indiana have received telephone calls in the past week from an unknown male who claims their grandchild needs help. Brooks said the largest loss so far has been $5,000. THE ASSOCIATED PRESS

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Children being used as fighters in Afghanistan: UN
UN Secretary General Ban Ki-moon says the government and armed groups in Afghanistan are recruiting children to fight. THE ASSOCIATED PRESS

3 school buses collide

Three school buses collided in a chain-reaction crash yesterday in Arkansas, sending dozens of youngsters to a hospital but few with serious injuries, authorities said.

There were 76 people in the emergency room at a hospital in Lake Village, said state police spokesman Bill Sadler. Ambulance workers listed two people as having serious injuries, he said.

But "everything I saw was bumps and bruises," said state police Cpl. Mitch Grant.

James Cathey, a dispatch supervisor with the police in nearby Eudora, said the crash involved three buses from the Lake Village School District.

The crash appeared to be a "rear-end, chain collision," he said.

The scene is in far southeastern Arkansas, near where that state borders Louisiana and Mississippi.

THE ASSOCIATED PRESS

Congolese soldiers go on rampage

VIOLENCE Government soldiers went on an overnight looting and shooting spree in a sprawling Congolese refugee camp, stealing from hungry and traumatized people who have fled fighting with rebels in the country's east, witnesses said yesterday.

They said one woman was killed by a stray bullet Sunday night in Kibati, a village north of the eastern provincial capital of Goma that has been overrun by about 70,000 refugees.

"They came up, pointed a gun at me, and said, 'Wake up, wake up, give us money and everything you have.'"
Patrice Sebahunde

Patrice Sebahunde, 60, said he was awakened at 10 p.m. by four soldiers pointing guns in his face. They took his family's food, clothes and their plastic water bucket.

"They came up, pointed a gun at me, and said, 'Wake up, wake up, give us money and everything you have,'" Sebahunde said.

Years of sporadic violence in eastern Congo intensified in August, and some 250,000 people have fled their homes to escape combat between the army and fighters loyal to rebel leader Laurent Nkunda.

THE ASSOCIATED PRESS

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Haitian teen kills classmate, flees

SHOOTING A Haitian teen has shot and killed a classmate in a rare outbreak of school violence in the troubled country.

Police spokesman Garry Desrosier says the 16-year-old opened fire on the 13-year-old north of the capital in the town of Cabaret.

He threatened to shoot other students before fleeing and has not been arrested.

The motive in yesterday's shooting is unknown.

THE ASSOCIATED PRESS

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Comment & Views

Comment

No time for left or right

Harper giving up ideology for pragmatism

NationalReport

Lawrence Martin

The Conservatives won the election. But it's no time to be a conservative. Two overriding beliefs tend to propel conservatives. One is free market economics. The other is the military solution. Both are in disrepute.

On the economic side, all you see these days are headlines like "We're All Keynesians Now." Roosevelt-styled New Deals are the talk of the world. Deregulation run amok is blamed for the global crisis.

The Great Depression spurred a rise of liberalism on this continent that lasted two decades. Conservatives can only hope there is no repeat now.

Their recent record on war as well as economics is hardly auspicious. There is little or no progress in Afghanistan. In Iraq there's progress — but with almost 5,000 Americans dead, hundreds of thousands of Iraqis dead, the American treasury blown, and the country's reputation disparaged, the Republican Party has been pummelled.

Prime Minister Stephen Harper no longer supports the Iraq war and he plans to withdraw Canadian forces from Afghanistan by 2011.

It is the inflexible, ideological leader who digs in his dogmatic heels. On neither war nor the economy is our prime minister doing that.

"(Harper) senses the times are tilting in his unpreferred direction and he is not about to get caught behind the curve."

At a conference on the weekend in Peru, he talked about how he has had to move with reluctance from being a deficit hawk to a Keynesian spender who will now run up deficits.

At the University of Alberta, he studied economic history and gained a knowledge of the depression-era blunders of R. B. Bennett here and Herbert Hoover in the United States.

Instead of being pragmatic, they clung to conservative old-time religion and insisted on balancing the books.

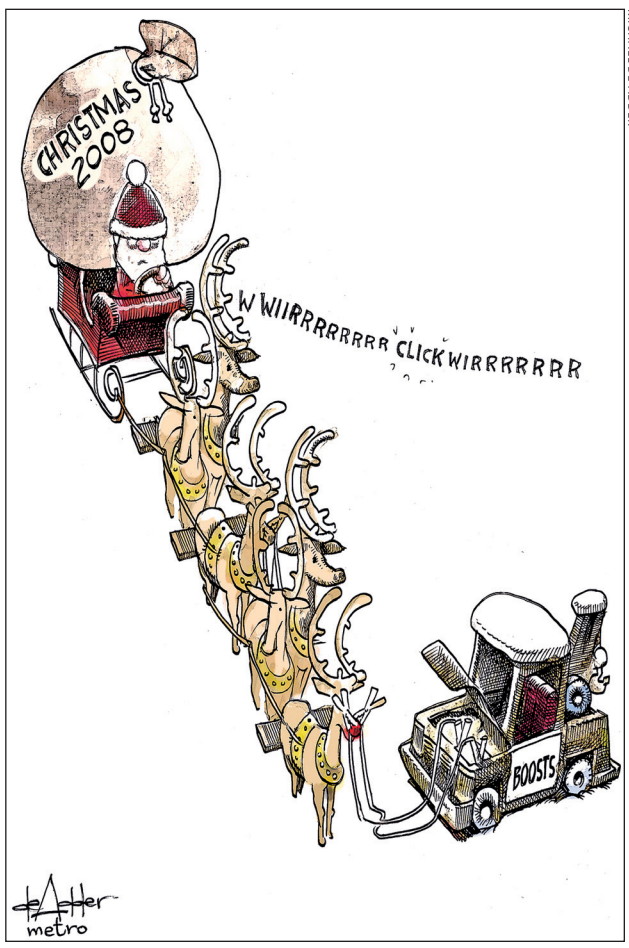
These are mistakes, Mr. Harper said, which cannot be repeated today.

He senses the times are tilting in his unpreferred direction and he is not about to get caught behind the curve.

The conservatism south of the border went too far just as liberalism did a couple decades earlier when welfare-state enthusiasts brought about stagflation and other blights. Ideology breeds excess. Go back further to find communism on one side, fascism on the other.

Maybe some day the lesson of history will be learned. That whether it be of the left or right, ideology is ruinous.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Economy should not deter philanthropy

Maria Antonakos

Last year, there were approximately 82,000 registered charities in Canada and more than 1.8 million in the United States, according to the Canadian Revenue Agency and the American Institute of Philanthropy.

Meanwhile, mega gifts from Warren Buffett ($30 billion US) and Bill and Melinda Gates (approximately $20 billion US since 1999) were said to be leading us into a second golden age of philanthropy, and many felt that there was never a more urgent time to engage philanthropic resources to try and solve issues affecting our world.

Yet only one year later, we are faced with tremendous financial upheaval that is seeing much of the wealth accumulated in the recent past jeopardized or lost.

"As we head into the holiday season, remember that compassion and generosity are blueprints for civil society."

As a philanthropy consultant, I work with both charities and philanthropists and have an inside view on how clients are navigating these times — charities as they campaign for donations, and philanthropists as they seek to fund the right projects.

Last week a philanthropist was voicing her concern that people were going to be less generous at a time when charities need more contributions than ever to support communities in need. She has committed to give as much as possible this year and she plans to encourage her peers to do the same.

Meanwhile, fourth year commerce students in my philanthropy course at McMaster's De Groote School of Business in Hamilton, Ont. are as passionate about philanthropy — and wisely distributing the $20,000 donated by Doris Buffett (Warren Buffett's sister) and Michael Lee Chin, Bob Levis and Jeff Wheeler for them to give to a local charity — as they are about analyzing the markets.

So despite financial turmoil and insecurity, on a recent walk, I was overcome with gratitude for the freedoms and prosperity in our society.

Indeed, a peer through a global lens certainly underscores the privilege we experience in Canada, for example, to live without the threat of war tearing apart our families and communities.

This perspective shows me that there are hundreds of instances where I can lend a hand to others experiencing difficulties that far outweigh my own. Today, regardless of the financial uncertainty swirling around, my goal is to give as much as ever.

As we head into the holiday season, remember that compassion and generosity are blueprints for civil society, and philanthropic charitable works are the building blocks.

Don't let this month pass without taking a charitable action that makes you feel grateful and proud. In the spirit of true generosity, all gifts are big gifts.

Maria Antonakos is the founder of Opus Philanthropic Strategies (www.opusphilanthropy.com) where she helps people give and receive with care.

Letters

Watch where you get your puppy

I would like to warn readers not to put cruelty on their shopping lists this year. The holidays are a busy season for puppy sales and people need to know that when they purchase puppies over the Internet, through newspaper ads, or at pet stores, they are often unknowingly supporting a puppy mill.

Puppy mills are inhumane breeding facilities that produce puppies in large numbers. They are designed to maximize profits and commonly disregard the physical, social, and emotional health of the dogs.

The breeding dogs at puppy mills live their entire lives in cages, and the poor conditions cause puppies to have more physical and behavioural problems than dogs from good sources.

The best way to stop puppy mills is for consumers to stop supporting them. To find a puppy from a reputable source, visit your local animal shelter or find a reputable breeder and visit their premises in person to see how and where your puppy's mother is living.

DEILYN BERDICHEVSKAYA, TORONTO

Supreme Court should keep off sports issue

It seems to me that soon a time will come that the Supreme Court of Canada, in the name of non-discrimination, will decide on women's demand that buying the tickets to sport events, like women's ski jumping, and watching it is mandatory for everyone.

I did not know that a sport like ski jumping, for instance, is a legitimate job governed by some kind of industry that is obligated by law to employ women regardless of public interest.

If women ski jumpers want to participate, they should seek sponsors to support them. The Supreme Court should stay out of this.

BOZENNA SIEDLECKA, PORT MOODY, B.C.

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Canadian dollar rises against U.S. currency
The Canadian dollar gained nearly three cents yesterday and closed at exactly 81 cents US, the highest it has been in nearly a week, reflecting renewed confidence in currencies that are sensitive to the global economy. THE CANADIAN PRESS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Business in brief

BCE DEAL There's renewed optimism that the privatization of Bell Canada and BCE Inc. will proceed as planned, now that the U.S. government has agreed to bail out Citigroup — the biggest lender behind the $52-billion deal. BCE Inc. shares surged nearly 10 per cent yesterday, rising $3.39 to $37.94 in trading on the Toronto Stock Exchange.

CAMI Workers at the CAMI automotive assembly plant in Ingersoll, Ont., voted 99 per cent in favour of rotating layoffs between January and April 2009. They will work in alternating two-week shifts. Rejection would have meant four-month layoffs for 600 workers.

OILSANDS Petro-Canada CEO Ron Brenneman says the company is considering a delay of its McKay River oilsands expansion and a $1-billion equipment improvement at its Montreal refinery to reduce costs.

THE CANADIAN PRESS

Royal warns of profit fall

Bank of Montreal officially kicks off the banks' fourth-quarter reporting season today but a string of dour earnings previews by its bigger rivals has already given the period an inauspicious start.

Royal Bank of Canada and Toronto Dominion Bank helped fuel that foreboding yesterday. RBC warned that its fourth-quarter profit would likely tumble by 15 per cent to about $1.1 billion from year-ago $1.3 billion because of escalating trading losses.

It later said it would raise $225 million by selling 9 million preferred shares for $25 each to plump its regulatory capital.

TD, meanwhile, said it would bolster its capital position by selling about $1.2 billion in common stock. TORSTAR NEWS SERVICE

A FEW CHANGES TO GO

STARTING MONDAY, DECEMBER 1, 2008, THERE WILL BE CHANGES TO SOME GO TRAIN AND BUS SERVICES.

Some train times will change due to the construction of a new train underpass under CP's freight line, west of the Bloor GO Station on our Georgetown line. Once completed in mid-2010, the underpass will allow for more frequent GO Train service and improved reliability.

31 – GEORGETOWN GO TRAIN & BUS SERVICE

The weekday westbound train departing Union Station at 9:30 a.m. to Bramalea GO Station will now depart at 9:40 and times will be 10 minutes later at all stops along the route.

The weekday westbound train departing Union Station at 3:10 p.m. to Brampton GO Station will now depart at 2:45 and times will be 25 minutes earlier at all stops along the route. Bus connections to Georgetown and Guelph are available.

The weekday eastbound train departing Bramalea at 9:05 a.m. will now depart at 9:20 and times will be 15 minutes later at all stops along the route.

The weekday eastbound train departing Bramalea at 10:15 a.m. will now depart at 10:25 and times will be 10 minutes later at all stops along the route.

Buses that connect to the adjusted train trips above will also have time changes, so be sure to check the new schedule.

32 – BRAMPTON TRINITY COMMON GO BUS SERVICE

The wait time for train service at Bramalea GO Station will be a little longer from bus trips departing Hurontario & Bovaird at 8:10 a.m. and 9:30, Trinity Common at 8:22 and 9:38, and Bramalea City Centre at 8:37 and 9:50 a.m., due to the adjusted train times. Contact Brampton Transit at 905-874-2999 for local bus options.

37 – ORANGEVILLE GO BUS SERVICE

The weekday northbound trip departing Bramalea at 10:10 a.m. will now depart at 10:20 and times will be 10 minutes later at all stops along the route.

The weekday northbound trip departing Brampton at 4:00 p.m. will now depart at 3:35 and times will be 25 minutes earlier at all stops along the route.

The weekday southbound trip departing Orangeville Mall at 7:24 a.m. will now depart at 7:39 and times will be 15 minutes later at all stops along the route.

38 – BOLTON-HWY. 50 GO BUS SERVICE

Weekday southbound trips departing Bolton (Hwy. 50 & Columbia Way) at 8:15 and 9:35 a.m. will now depart at 8:25 and 9:45. Times will be 10 minutes later at all stops along the route.

The weekday northbound trip departing Malton GO Station at 10:03 a.m. will now depart at 10:13 and times will be 10 minutes later at all stops along the route.

The weekday northbound trip departing Malton at 3:43 p.m. will now depart at 3:18 and times will be 25 minutes earlier at all stops along the route.

Thank you for continuing to ride with us as we work to bring you even better GO service.

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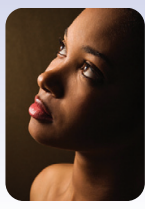

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NAVIGABLE WATERS PROTECTION ACT
R.S.C. 1985, CHAPTER N-22
Waterfront Toronto hereby gives notice that an application has been made to the Minister of Transport, Infrastructure and Communities under the Navigable Waters Protection Act for approval of the plans and site of the work described herein. Pursuant to section 9 of the said Act, waterfront Toronto has deposited with the Minister of Transport, Infrastructure and Communities and in the office of the District Registrar of the Land Registry District of Toronto, at 20 Dundas Street West, under deposit No. CA812564 a description of the site and plans of Spadina Bridge on Lake Ontario-Inner Harbour Toronto at Spadina Slip located at the foot of Lower Spadina Avenue.
Comments regarding the effect of this work on marine navigation may be directed to the Manager, Navigable Waters Protection Program, Transport Canada, 100 Front Street South, Sarnia, ON N7T 2M4. However, comments will be considered only if they are in writing and are received not later than 30 days after the date of publication of this notice. Although all comments conforming to the above will be considered, no individual response will be sent.
Signed in Toronto, Ontario this 21st day of November, 2008
Pina Mallozzi

Interest rates/Savings accounts
METRO NEWS SERVICES

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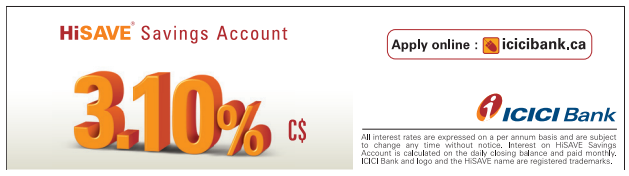
Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Going for broke(r)



SmartCookies

If you are considering, even months or years from now, purchasing real estate, then the first person you should be talking to is a mortgage broker. Simply put, mortgage brokers help you find the best rates on mortgage products available at all financial institutions.

What's more, they have the knowledge required to present a proposal for financing to a lender (bank) in the best way possible to successfully obtain your mortgage and deal on your behalf with all potential lenders. Mortgage brokers represent you and not the lender and they come at a price tag that even surprised us: Free, in most cases! Mortgage brokers basically are paid their commission from the institution you end up using as your lender.

When you begin the process of searching for property it is essential to know what you can afford. However, just because you have been approved for a specific amount does not mean you need to take that full amount. Be sure that the mortgage amount and the monthly payments fit into your long term financial plan.

Here are a few Smart Cookie tips:

Referrals:

Having a referral from a friend, acquaintance or family member is great when trying to find a mortgage broker. Buying a property doesn't always happen overnight, so you could be in this relationship for some time and it's best to find a good fit.

Commissions:

Ask your mortgage broker on what basis they make their recommendations. Mortgage brokers are paid commissions to sell loans, so make sure you ask plenty of questions about the commissions they are paid.

Research:

Do your own research via the Internet and phone. Ask what deals mortgage brokers have to offer and if there are any conditions attached. Remember, this home loan is likely to be part of your life for years to come so don't be afraid to ask tough questions.

Stick With Your Gut:

Make sure you feel confident about the person who is organizing your mortgage. Go with your gut on this one — if something doesn't feel right, chances are it isn't.

E-mail questions or comments at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Mortgage brokers represent you and not the lender.

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readers in Canada do it daily!
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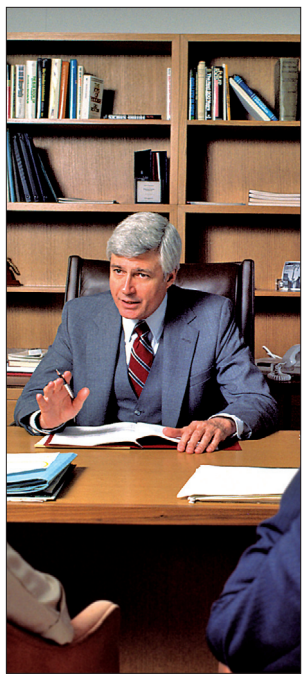
Do it daily.
SOURCE: NADbank Fall 2007/Spring 2008 Survey, read yesterday; BASE: Montreal, Ottawa-Gatineau, Toronto, Edmonton, Calgary, Vancouver; CMA 18+

Need more about mortgages?
CIBC's website (cibc.com) offers virtually everything you need to know about mortgages, including an online application. NEWS CANADA



Consult with your real estate lawyer to resolve real estate issues on or before closing.

Try to save land taxes

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q Three weeks ago, my wife and I purchased our first home. We close two days before Christmas. Our down-payment is minimal and therefore has very little for closing cost. Every dollar will matter. Do we qualify for the Ontario Land transfer tax rebate?

Cole and Jen, Ontario

A Congratulations! Very few accomplishments are as satisfying as owning your first home. Although real estate prices have declined, it continues to be a great investment over the long term and the next several months will have many more opportunities for first-time and non-first time buyers alike.

Land transfer taxes (LTT) can be a rude awakening for many purchasers in large Canadian cities, particularly unprepared, first time buyers. Land transfer taxes are assessed on transfer of property in Ontario and are required to be paid by the purchaser. LTT is based on the value of the property at rates between one and two per cent. On a home of $400,000, the LTT would be in excess of $4,000. Unfortunately, that is not the end of bad news. An additional equal amount of LTT for Toronto homes is expected. That's a whopping $8,000, just for Ontario and Toronto LTT. The following may help you:

- First-time buyers may qualify for an Ontario LTT rebate up to $2,000 on purchases of newly-constructed homes. Resales are disqualified.
- First-time buyers may also qualify for a Toronto LTT rebate up to $3,725 for purchases of resale or newly-constructed homes.
- Must be at least 18 years old (citizenship not required) and home must be owner-occupied no later than nine months after closing.
- Purchasers (including spouse) must not have previously owned a home anywhere in the world.

You should check with your real estate lawyer. Many of these issues can be resolved prior to or on closing. Call Ontario Finance Ministry 1-800-263-7965 and City of Toronto 416-338-0338.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

Tough times call for tough measures for financial security

With today's unpredictable market conditions, it's more important than ever to review your personal financial situation in the event you are affected by an unfortunate circumstance, such as a sudden job loss or a work-related disability.

Here are some helpful hints:

Monitor your spending habits

Eliminate unnecessary expenses. Cutting back on simple things like buying coffee and lunches every day can add up to thousands of dollars saved per year.

Save for a rainy day

Put away a small amount of your paycheque for emergency purchases. This way you won't have to rely on credit.

Make sure your debt is insured

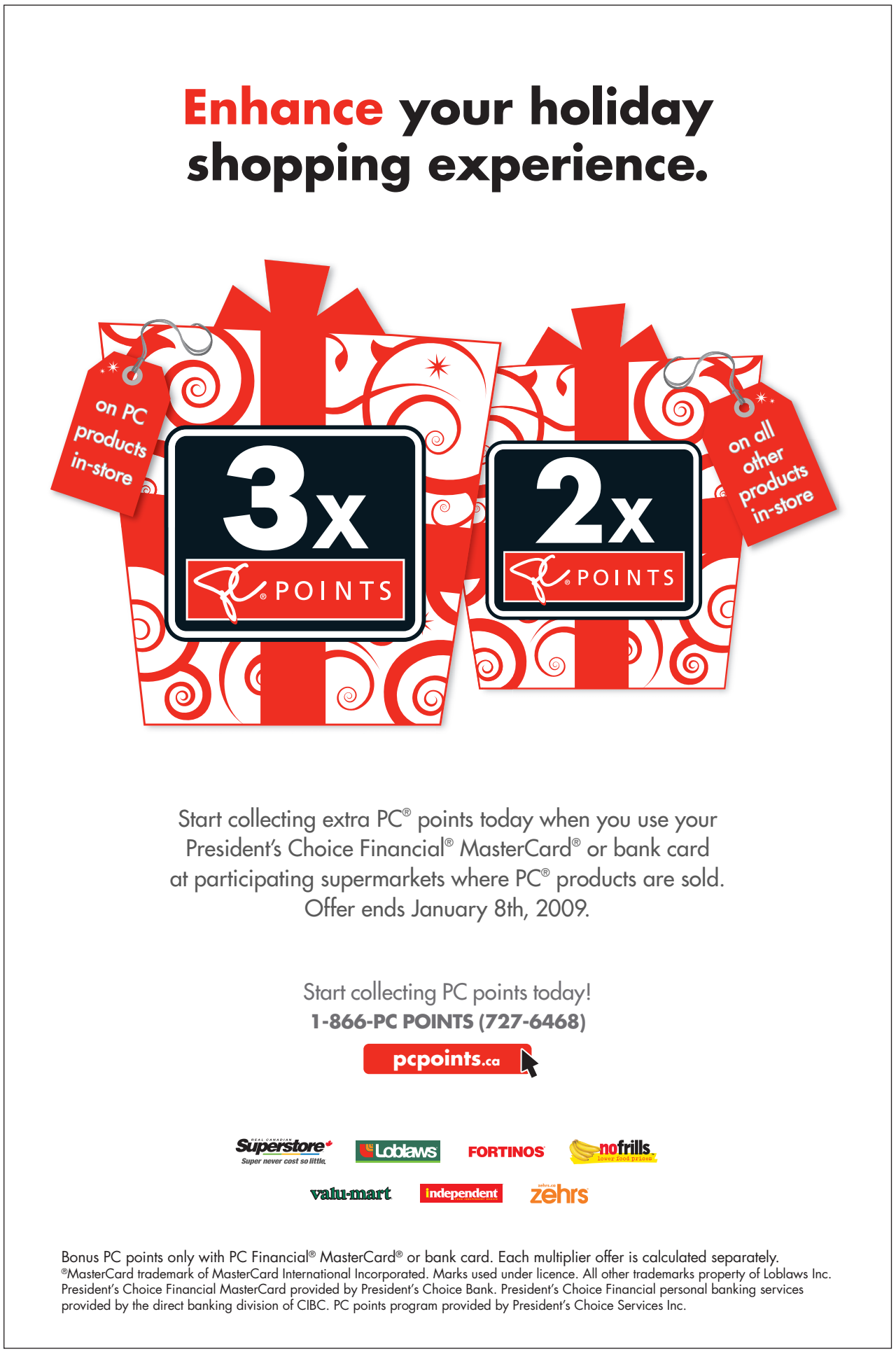
Insure your credit card balances with insurance products that will make your minimum monthly payments if you were to become disabled or have a loss of employment. According to a 2008 RBC Insurance / Ipsos Reid survey, 82 per cent of Canadians have credit cards, but only 20 per cent of those have credit card insurance.

Pay off your credit cards with the highest interest rate first

This can save you hundreds of dollars a year. Or, transfer high interest credit card balances to a card with a lower rate. Speak to your credit card company about getting a lower interest rate card.

More information is available online at rbcinsurance.com/insurance-needs

NEWS CANADA



Home insurance

Don't forget renovations

- Canadians love to renovate their homes and will spend, on average, about 10 per cent more this year on their renovations, a steady increase year over year according to the RBC 2008 Renovation Study.
- A 2008 RBC Insurance/Ipsos Reid survey shows that 38 per cent of Canadians renovated their homes, but only 56 per cent of them updated their home insurance policy.
- If you've spent $30,000 on refinishing your basement and then experience a flood, you could lose that investment if you're not adequately insured.
- More information is available online at rbcinsurance.com or call 1-800-ROYAL-26. NEWS CANADA

Investing

Allan Small

The week's column looks at ways to invest for growth while keeping your principal safe. Visit metronews.ca

Ruling paves the way for Bonds trial
A U.S. federal judge has dismissed several charges against Barry Bonds but has left intact most of the indictment alleging he lied to a grand jury about taking performance-enhancing drugs. The ruling yesterday paves the way for Bonds to go to trial in March. METRO NEWS SERVICES

Sports

Sign of the times

General Motors has ended its nine-year endorsement deal with Tiger Woods amidst the auto industry's worst economic climate in decades. The endorsement deal, believed to be worth at least $7 million US a year, was to expire at the end of 2009. Woods has endorsed GM products around the world and mainly has been seen in Buick commercials. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Sports in brief

NBA Antonio McDyess is coming back to play for the Detroit Pistons, according to his agent.

McDyess

Detroit dealt McDyess, Chauncey Billups and Cheikh Samb to Denver for Allen Iverson on Nov. 3. The cost-cutting Nuggets waived McDyess a week later and under NBA rules, he now has to wait until Dec. 7 to rejoin the Pistons.

NBA Eddie Jordan was fired as coach of the Washington Wizards yesterday after opening the season 1-10 without injured starters Gilbert Arenas and Brendan Haywood. Ed Tapscott takes over for Jordan on an interim basis.
THE ASSOCIATED PRESS

HOCKEY Hall of Famer Patrick Roy has another son in hot water with the QMJHL. Forward Frederick Roy of the Quebec Remparts was suspended 15 games yesterday for cross-checking an opponent in the head and for delivering a blow to the face of another player in an 8-2 loss to Montreal on Friday. Frederick's older brother, Jonathan, made national headlines in March as a player, earning a seven-game suspension and a $500 fine. Roy is the head coach, general manager and part owner of the Remparts.
METRO NEWS SERVICES

Fletch still the boss, for now

Leafs GM acquires Stempniak for Steen, Colaiacovo

Even though Cliff Fletcher's days as general manager of the Toronto Maple Leafs appear numbered, he continues to shake up the team's roster.

The Maple Leafs dealt former first-round draft picks Alex Steen and Carlo Colaiacovo to the St. Louis Blues yesterday for Lee Stempniak.

Fletcher has been targeting Stempniak for a month because he believes the 25-year-old is capable of playing on one of the team's top two forward lines.

Neither Steen or Colaiacovo seemed to have won the confidence of new coach Ron Wilson so far this season, but the GM insists this deal wasn't a case of addition by subtraction. "It's not about getting these players out of here — they're good young hockey players," said Fletcher.

Lee Stempniak has three goals and 10 assists so far for St. Louis this season.

"We think we're getting somebody that suits our needs better. Plain and simple."

Stempniak could make his debut in a Leafs uniform as soon as tonight when the Atlanta Thrashers visit Air Canada Centre.

That will be dependant on whether all three players involved in the trade pass physicals by then.

The Leafs don't anticipate there being a problem with the oft-injured Colaiacovo, who missed the team's game on Saturday with a minor foot problem.

While the timing of the trade appears curious given that many believe Brian Burke could become Toronto's new GM within days, Fletcher says the deal has been in the works for about a month.

"I think the board has confidence in me in getting the job done," said Fletcher.

"Until such time as the heir apparent is in place, it's just business as usual."

Stempniak, who grew up outside Buffalo, first caught Fletcher's eye a couple years ago while playing in the American Hockey League for Peoria.

"He's a very crafty player," said Fletcher.

The trade also gives the Maple Leafs a little more room to add salary down the line. Stempniak's cap hit of $2.5 million US is $600,000 less than Steen ($1.7 million) and Colaiacovo ($1.4 million) combined, although he'll be paid $3.5 million next season. THE CANADIAN PRESS

Tonight

VS

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Radio: AM 640

Burke watch

- It may take until after Brian Burke carves his turkey for American Thanksgiving on Thursday before he signs on the bottom line with the Maple Leafs. Burke has said he wanted a deal by Thanksgiving, but there's no indication from either side in the negotiations that a contract is ready to sign to bring the former Ducks GM to Toronto. "It's progressing along," Peter Gall, Burke's Vancouver-based lawyer, told the Toronto Star. "There's lots of speculation, but we have no comment," said Richard Peddie, president of Maple Leaf Sports and Entertainment.

TORSTAR NEWS SERVICE

Luongo out 4 to 5 weeks

NHL It looks like the Vancouver Canucks could be without goaltender Roberto Luongo for four to five weeks. That was the word from Luongo's agent Gilles Lupien yesterday, according to cyberpresse.ca.

Luongo

A suspected groin problem forced Luongo to leave five minutes into Saturday's 3-1 win in Pittsburgh. Luongo, 29, has a save percentage of .928 and goals-against average of 2.17 this season.
THE CANADIAN PRESS

McNabb benching won't last

NFL Donovan McNabb will start when the Philadelphia Eagles host the Arizona Cardinals on Thursday. The quarterback was benched for the first time in his career during Philadelphia's 36-7 loss at Baltimore Sunday. Eagles coach Andy Reid said yesterday he's going back to McNabb. "Sometimes you have to step back to step forward in a positive way and Donovan will do that," Reid said.
THE ASSOCIATED PRESS

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Local bridge, crossing George's Creek, built with popsicle sticks and cheap cement is unsurprisingly unable to withstand even a light tremor. Builders break for breakfast to re-evaluate their ideas.

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Knee keeps O'Neal out of practice again
The Raptors' Jermaine O'Neal did not practice yesterday and team doctors will determine if he can play tomorrow vs. Charlotte. TORSTAR NEWS SERVICE

Nash to the Knicks?

YorkReport

Marty York
marty.york@metronews.ca

B.C. native Steve Nash — the finest basketball player in Canadian history — will eventually become a member of the New York Knicks.

That's the word around the NBA, and it's being spread like wildfire by league sources who know their stuff. They predict Nash will be with the Knicks before 2010. Makes sense, too. Nash already has an off-season home in New York. He plays in a Manhattan soccer league during the off-season. And he has gone on record as saying New York would satisfy his cultural interests and foster his filmmaking desires.

There's also the fact that Mike D'Antoni is the new Knicks coach and used to be Nash's coach in Phoenix, where the point guard and the Suns excelled in a fast-paced system that is being introduced these days in New York. And, oh yes, the Knicks made two trades last week that cleared $27-million U.S. in their salary cap.

• A Knicks team featuring Nash, of course, likely would make life more miserable for their Eastern Conference rivals, including Canada's NBA franchise. Despite starting one of the NBA's tallest frontlines in 6-foot-11 Jermaine O'Neal, 6-foot-10 Chris Bosh and 7-foot Andrea Bargnani, the Raptors have been playing subpar ball and languish near the bottom of their division with a 6-7 record. And some of the same folks who are whispering about Nash's future in New York are buzzing about what they perceive as the likely firing of Raptors coach Sam Mitchell before the all-star break. Indeed, Mitchell has been getting outsmarted by opponents too frequently this season and it's making NBA types believe they were bang-on a few years ago, when they voted him the league's worst coach in a Sports Illustrated poll.

Not that Mitchell is entirely to blame for the Raps' woes. Club boss Bryan Colangelo also needs to take some heat, for a change. The Raps have virtually no depth — and that's his fault.

• Leftovers from Sunday's Grey Cup turkey:

The oddsmakers' line for most of the week was a pick 'em but the Alouettes were favoured by 1.5 points at kickoff, partly because national media types such as Chris Schultz and Stephen Brunt — who seldom dig up new information but often feel inclined to offer up predictions — suggested unabashedly that a home-field advantage would make Montreal a winner over the visiting Calgary Stampeders.

Well, the Stamps' defence and field-goal specialist Sandro DeAngelis dominated the game and led Calgary to a 22-14 victory.

Bottom line: Always consider your sources before wagering on games. And, remember, Metro told its readers last week that Calgary would prevail largely because of its defence and kicker.

Odds and ends

• Sources tell Metro sports columnist Marty York that the New York Yankees will sign free-agent pitching star C.C. Sabathia to a six-year contract worth about $140-million U.S. before Thursday. Also, in the CFL, York reports Winnipeg will appoint Edmonton Eskimos assistant coach Mike Kelly as the Blue Bombers' new head coach before Friday.

SCOREBOARD

NHL

YESTERDAY'S RESULTS
N.Y. Islanders 4 Montreal 3 (SO)
Florida 3 Carolina 2
N.Y. Rangers 4 Phoenix 1
Philadelphia 4 Dallas 3
Washington at Minnesota
Detroit at Vancouver
Colorado at Anaheim

NBA

YESTERDAY'S RESULTS
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San Antonio 94 Memphis 81
Chicago at Utah
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The Canadian Association for University Continuing Education is an organization of professionals dedicated to enlarging the scope and quality of continuing education opportunities for adults. For news and resources about this ever-changing field, visit cauce-aepuc.ca. METRO NEWS SERVICES

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

E-learning a hit Pg 20

More graduates and mature students are turning to distance-learning courses in lieu of the classroom as a way to brush up on their skills while working or tending to a family full time.

Back in school Pg 23

Teacher returns to classroom, as a student this time.

Being courteous Pg 25

Humber College offers course on dining etiquette.

Tailored courses Pg 27

Seneca College revamps its ESL program to meet needs.

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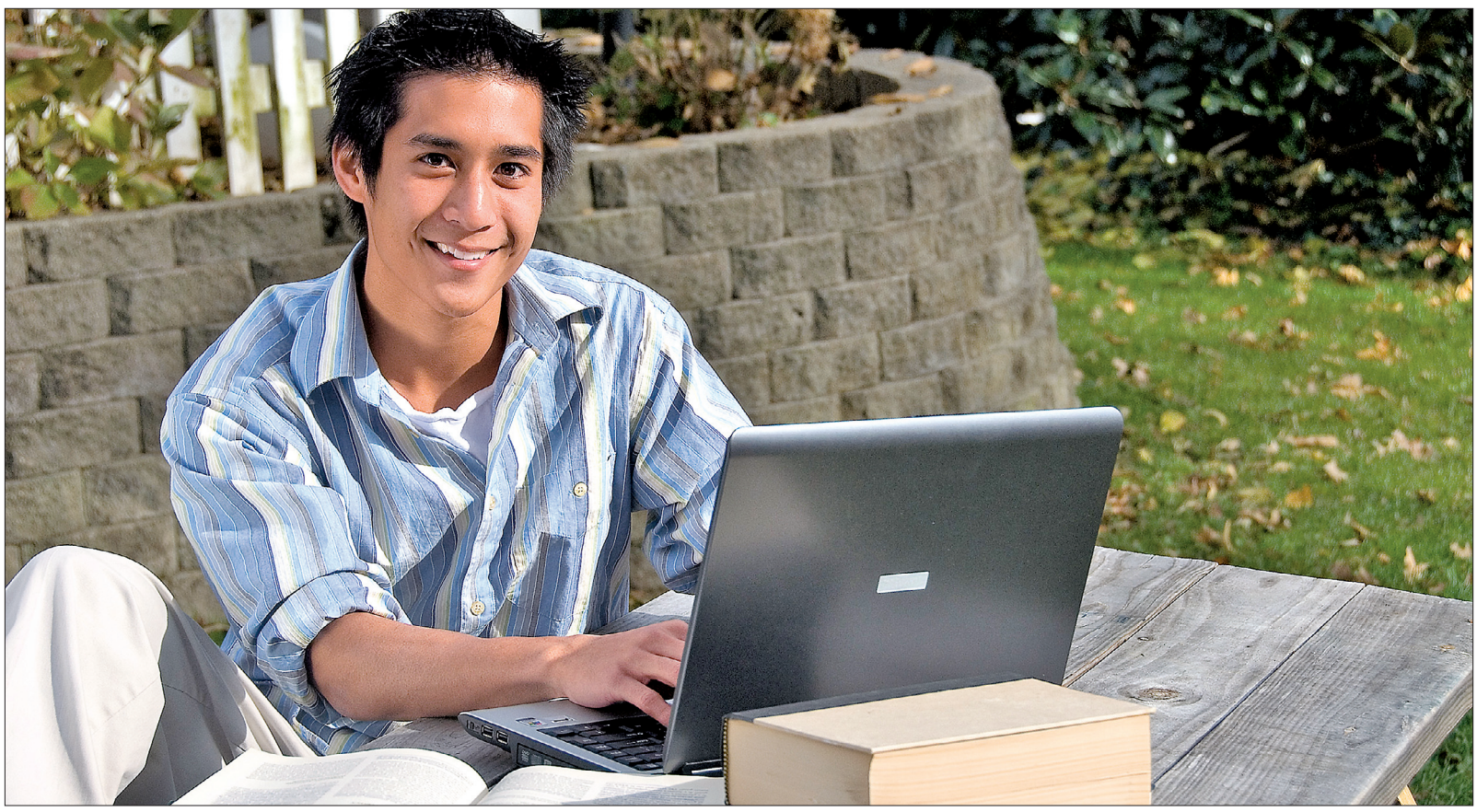
Distance learning on the rise

More grads, mature students looking to brush up on skills while working full-time

BRIAN TOWIE
brian.towie@metronews.ca


When job prospects darken, people often return to school to develop new skills — and distance learning is a popular way to do just that, experts say.

Bad times in the economy may mean good times for continuing education, especially in distance-learning programs.

More graduates and mature students are turning to distance-learning courses in lieu of the classroom as a way to brush up on their skills while working or tending to a family full-time.

Some institutions have seen significant growth: Memorial University of Newfoundland, for example, reported an overall 13.1 per cent increase in collective distance education registrations since 2007.

Not much of a surprise to John O'Brien, manager of media relations at Athabasca University, a school that has made distance learning its stock in trade since 1970. When job prospects darken, he says, people often return to school to develop new skills.

"Bad times can be busy times for us," he said. "Perversely, as the economy falters and more people are either laid off or underemployed, we do notice that our business — and this is not a good way to put it because that's not what we're here for — goes up."

The flexibility of distance education, be it online or by snail mail, is a major attraction for those who don't have the time to sit in class, O'Brien says. Unemployed or underemployed mature students, possibly living in rural areas with little or no access to a post-secondary institution or parents who must devote time to raising their kids, may find getting an education at their own pace a viable option.

"What distance learning students can also do is apply their courses towards credit for already existing courses at universities across the country," O'Brien adds.

The current financial downturn may increase enrolment numbers the longer it lasts. The Sloan Consortium, an online tracker of learning trends in the U.S., conducted a survey that found some 3.94 million students enrolled in at least one online course in the fall of 2007 in that country, an increase of 12.9 per cent from the previous year. According to most respondents in the survey, worsening employment opportunities contributed to the growth.

In Athabasca's case, graduate registration rates rose by 5.6 per cent between the 2003-04 school year and 2007-08. O'Brien notes this is a double-edged sword: Revenue increases for schools offering distance-learning programs, but so do the costs of operating them and adapting them to a changing economy.

As classes grow — especially in open-university courses that require no previous requirements — more resources are needed to handle the volume of students.

"We don't want to see the economy tank," he added.

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Demographics changing

Larger number of women, minorities return to school

SUZANNE BOWNESS
for Metro Canada

A few years ago, Valentina Gal might not have been called a typical student. Yet the face of continuing education has so eclipsed the traditional student stereotype that Gal — an older, blind, divorced mother of three grown children who already has a graduate degree in literature — fits right in.

Today Gal takes writing courses at Ryerson's G. Raymond Chang School of Continuing Education in Toronto, where she says she derives significant benefits from the fellow students she now calls friends. "You get a lot of different points of view, particularly when you have fellow students from Mauritius, India, and Guatemala," she says.

Gal says these perspectives help her gain insights for her own project to write the experiences of her Ukrainian immigrant parents. Her blindness is almost a secondary thought, and comes up only as she describes the need to print her workshop assignments in Braille for herself and regular type for her sighted classmates.

Julia Hanigsberg, Interim Dean of The Chang School, sees the changing student demographics as a very positive development. "Our classrooms represent the diversity of the GTA, and that is an incredible benefit for our learner," she says. "Our workforces are ever more diverse, and by learning in a diverse environment, you are learning to work in a diverse environment."

Hanigsberg deliberately looks to hire instructors who can draw students out and ensure that a diverse class works well together. Ryerson also now offers bridging programs for skilled immigrants, both in specific fields such as finance and more generally in professional communications, where students learn everything from the art of small talk to the importance of information sharing through group presentations. Bridging programs are specially tailored to accommodate business hours, and include on-site and online components.

"Our classrooms represent the diversity of the GTA."
Julia Hanigsberg

At McGill University in Montreal, continuing education co-ordinator and public relations instructor Elizabeth Hirst sees similar changes, and recalls a recent classroom example to illustrate the diversity.

"The learning experience is enriched tremendously," Hirst says. "When some students studying media looked at ownership and concentrations, they were giving papers about Romania. It pushes everyone to have more global view — you're living it and they are living it."

In addition to more visible minorities, Hirst says she sees larger numbers of women, as well as new university graduates who have just finished their undergraduate degrees but who are looking to applied programs for more specific qualifications to enter the job market.

As an instructor, the challenge is to balance this growing demographic of younger learners looking to specialize with the growing demographic of older learners upgrading their skills. Anne-Marie Brinsmead, associate program director of arts at The Chang School, has been teaching French language courses for 20 years. She identifies about one third of students as Boomers in their late forties and fifties and two thirds as the 18- to 25-year-olds of the "echo" generation.

In the classroom, she facilitates interaction between these groups by pairing older and younger students. She credits the latter with bringing real world examples and sometimes even job opportunities into the classroom as they tend to mentor and refer younger students to positions in the workforce, something she now actively encourages. "Older learners are happy to rub shoulders with younger people. And often twenty-somethings will say they learned so much from older students due to their applied work experience."

Boomers in their late forties and fifties account for about one third of continuing education students at Ryerson.

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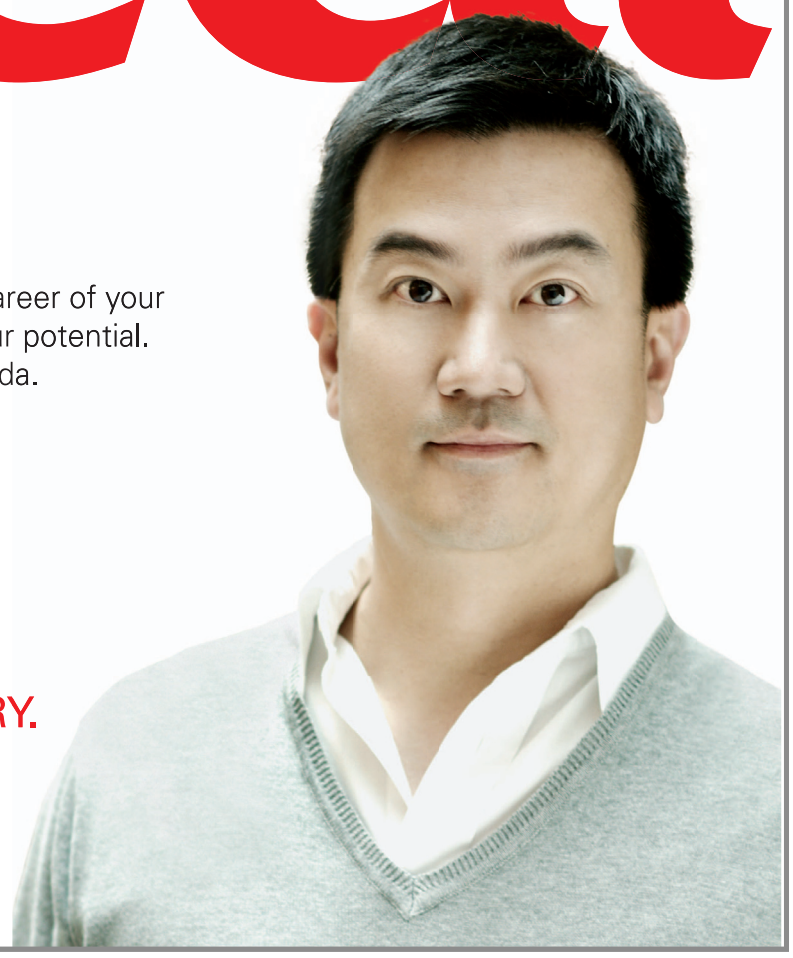

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Age nothing but a number

BRIAN TOWIE
brian.towie@metronews.ca

From student to teacher and back to student again, Carol Henderson proves that you're never too old to learn.

The 54-year-old has taken a temporary break from her job as educational assistant at the Toronto District School Board to pursue a bachelor's degree in education at the Ontario Institute for Studies in Education (OISE) in order to become a full-time teacher for special needs children. It's just the latest step in an academic career that flowered at middle age after she began it some 20 years before. Shortly before applying to OISE, Henderson completed a bachelor of arts degree and an early childhood education certificate at Ryerson University's G. Raymond Chang School of Continuing Education.

Fulfilling her academic goals was something Henderson always wanted to do but never had enough time for. She left York University as an undergrad in the early 1970s to pursue a career in business. Then she raised two children, now 25 and 24 and university graduates themselves, as a stay-at-home mom.

But she says adapting to the return to school after so long wasn't much of a challenge. Her time working in class with special needs children made it easy to acclimatize to campus life and classes, where she often found herself surrounded by younger students.

"It was a great experience, and it was an easy transition because I'm used to being with kids — my own and those at school," Henderson says, adding she often helps classmates edit their work. "There are differences though. I see a lot more tape recorders and laptops in class, and I take notes with a pen and a pad. And back when I first started going to school, you had to be a good speller: You didn't have spell check to help you out."

The learning style between young and old also differs at least in the more aesthetic subjects such as arts and humanities, Henderson notes. While younger minds may pick up the lesson quicker, the retention is more superficial in the sense that making the connection between what's on the page and life experience does not yet play a factor in what they've learned.

"A lot of younger people might read something the night before a test and get it, but I'll have to read the course material every night so it can sink in," she says. "But I learn it in a different way because I lived it. They haven't lived through it."

Beyond the advantages education can give to a career, Henderson says the perception of being too old for school should be done away with. Academe is ever-evolving, and the world is far too big to ever stop learning about it.

"I do it mainly because the process of learning is fun. There's so much out there to learn," she says. "The face of education is always changing, and you have to get updated or the kids will get bored. The same goes for school material as well. How many books showcase women in high positions instead of women as housewives, for instance? That needs to change."

School boards take note: Henderson has one more tip for improving the classroom experience.

"They've also got to bring the discipline back, though that's not a problem in my classroom," she laughs.

Carol Henderson has taken a break from her job at the Toronto District School Board to return to school so she can become a full-time teacher for special needs children.

"There's so much out there to learn."
Carol Henderson

Med school for dummies a hit at U of T

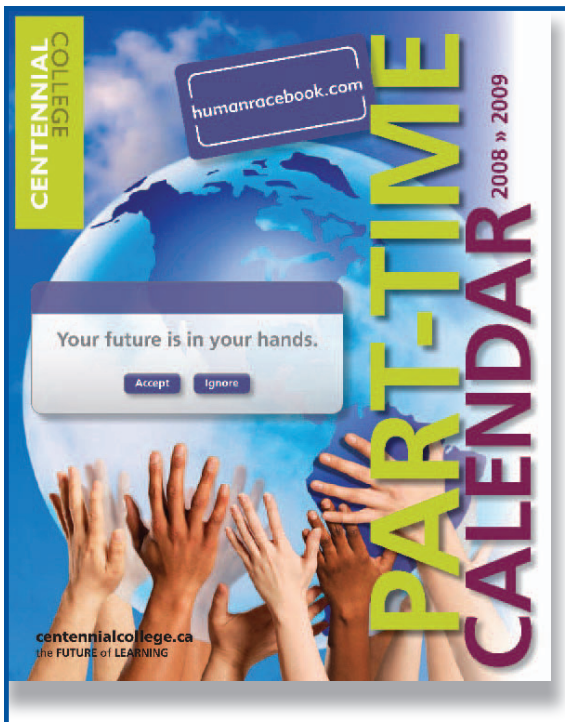
The joke is that it is tougher to get into mini-medical school than the real one — but in reality, it's not that far off.

The University of Toronto's continuing education program gives people a glimpse into medical school, using actual med-school professors and covering the same topics — albeit watered down. It's proved popular, with waiting lists now the norm.

Dr. Michael Evans, the course director and a U of T professor, says the five 90-minute classes with up to 400 students are taught by the university's top professors, and cover everything from cardiology to dermatology to sleeping disorders.

Students may have a session with Dr. James Orbinski, of Doctors Without Borders fame, on international health; or learn about infectious diseases and the SARS crisis. Sometimes, actors come in to demonstrate psychiatric problems.

TORSTAR NEWS SERVICE



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Food lovers go green

ERIC EMIN WOOD
for Metro Canada

George Brown's Carbon Footprint Cooking course encourages students to explore where their food, such as corn or tomatoes, is grown.

Environmentally conscious food lovers will soon have a new opportunity to explore their interests by enrolling in Carbon Footprint Cooking, a new course being offered as part of George Brown College's Urban Living series.

The course aims to illuminate how students can reduce their carbon footprint based on what instructor Stephen Field calls "the gate to the plate."

"How is your food grown? Who's growing your food? There's such amazing stuff that's grown in Ontario, not far from us, and there's local markets that not everyone's aware of that these farmers are coming to," he says.

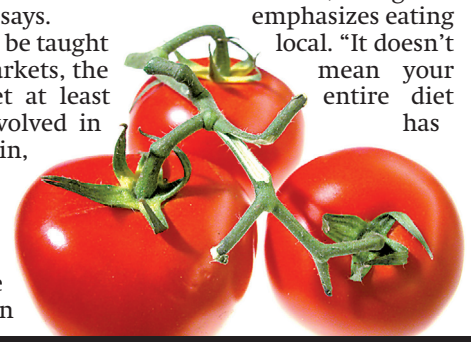
Students will be taught about these markets, the food, and meet at least two people involved in the food chain, Field says.

"We're mainly focusing on food in we can acquire within a given range. So if we're using the college, we're not going farther than the Kawarthas or Holland Marsh," he says.

"The foods are going to be sustainable, and they're going to reduce our carbon footprint as much as possible. We're not going to be cooking with avocados," he says.

What's wrong with avocados? "You can't grow them in Ontario — they're coming from either Mexico or California," Field says.

Field shies away from specific examples of "carbon-safe" foods, though he emphasizes eating local. "It doesn't mean your entire diet has to be composed of local foods," but recognize your choices, he says.



"Do you buy tomatoes that are from Ontario, or tomatoes that are from Mexico? Do you buy corn from California, or local Ontario corn?"

Field emphasizes the casual nature of the course, however. "It's a Saturday and Sunday," he says, "and it doesn't even take up all of your Saturday and Sunday. You get in there in the morning, you get out of there by one o'clock."

Carbon Footprint Cooking will be taught on May 8 and 9 of next year. Students can register online, or for any one of George Brown's other Urban Living courses, which include Fasten Your Greenbelt and the Good, the Bad and the Chutney.

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How to mind your manners

BRIAN TOWIE
brian.towie@metronews.ca

Humber College wants to show you that a few good manners will take you a long way.

The school plans to run a series of workshops on proper etiquette from the second week of February until March as part of a business student engagement initiative for both attendants of the school and the public. Seminars will focus on professional presence, from making a first impression to carrying yourself to knowing what fork to eat with at a corporate dinner.

It's about helping students adapt to business and giving those in the know a refresher, says Wanda Buote, director of professional and continuing education at Humber College. Making a favourable impression, she says, is a fine art.

"Etiquette is important because it's not just about being professional in an uncomfortable situation, it's about making other people comfortable around you," she says.

"As a representative of your company, it's common sense to learn what makes a good impression."
Wanda Buote

"You're a representative of your company, and as a representative of your company, it's common sense to learn what makes a good impression."

Dining etiquette has a particular focus during the workshop series, Buote says, because quite often that all-important business deal you're chasing isn't made at the boardroom table, but the dining-room table. The seminar will answer questions as to when it's appropriate to drink and what fork to use — something that stumps most people not used to finer dining.

"If you've got a drink, for example, hold it in your left hand. That way you can shake hands with your right," she says.

Another reason for the workshops has to do with Toronto being a very ethnically diverse business centre. What might be considered appropriate in some cultures may not be in another, and so Buote notes it's important that we all have something we can agree on. "We're so diverse now that we have to be politically correct, and we find not much is being done about that," she says.

Starting in February, Humber College will offer etiquette workshops for business students and the public.

Dining tips

- If you find a bug or hair in your food, avoid mentioning it to the others at the table, as it may embarrass the host and it may be unappetizing to others. Discreetly mention it to the wait staff who can replace it for you.
- If you find yourself with food caught in your teeth, avoid picking at it with your fingers or even with a toothpick. Drink water to try to dislodge the morsel. If this doesn't work, excuse yourself from the table and deal with it privately in the washroom.
- If you spill onto the table or on yourself, try not to draw attention to it. Tell the wait staff quietly if you have spilled something on the table so they can take care of it. If you have spilled on yourself, try to remove the food with a clean knife or spoon, dab the spot with your napkin, or excuse yourself and deal with it in the washroom.
- If you have lost control of an eating utensil, avoid trying to retrieve it. Apologize, let the wait staff know (so they can get it once you leave) and ask them to bring you another one.
- If you have placed extremely hot food in your mouth, don't spit it out. Just take a sip of cold water to cool it down in your mouth.

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Boosting small businesses

ERIC EMIN WOOD
for Metro Canada

Becoming a small business owner involves risk and making a long-term commitment — so it's good to know that no matter where you are, there are short-term continuing education courses available to make for a more calculated transition.

"When you're starting up a small business, you need to know the financial aspects" of running one, says Mark Broverman, a coordinator of corporate training with NorQuest College in Edmonton, who used to run a small business of his own.

NorQuest offers an administration professional certificate program, which allows students to specialize in accounting, project management and financial management, among other things. Courses are offered as workplace-based workshops or two-day seminars on campus. "We have instructors that go all over Alberta," says Broverman.

NorQuest's courses are also offered online, with students from Newfoundland to Vancouver signing up. "It's perfect," says Broverman, "because a lot of people don't have the time to go to full-time courses."

The University of Toronto's School of Continuing Studies recently began offering a certificate in professional sales and sales management. Students enrol in two courses, which are taken once a week over two semesters.

"We cover a standard, business-to-business, 10-step process that every professional salesperson, regardless of industry, goes through," says Earl Robertson, a professor who teaches both courses. "Every industry has sales, so you're hard-pressed to find an industry or company that doesn't need what we do."

Continuing education can be vital to small business owners.

The first course, professional sales practices, covers such topics as prospecting new customers, doing an effective needs analysis and processing through influencers. "We're covering 40 different competencies that people have to be effective at in the sales role," says Robertson.

The second course, professional sales management, covers "the A through Z's of recruiting, compensation, field coaching, sales meetings and picking a CRM," Robertson says. "It's a very comprehensive program for anyone that's in a sales, supervisor or management role."

Unlike NorQuest's courses, the professional sales and sales management certificate isn't offered online. However, Robertson stresses the program's importance to small business owners.

"When the economy is good, salespeople can be order-takers," says Robertson. "But when the economy goes south, you can't just be an order-taker anymore, you have to know how to sell."

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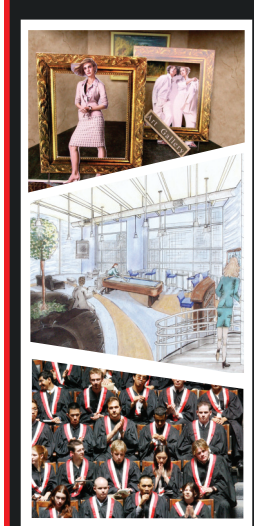

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Seneca striving to meet corporate ESL needs

TAGHREED SAADEH
for Metro Canada

Seneca College's ESL program specializes in the design and delivery of courses tailored to the specific needs of individual corporations. It also provides students with the tools they need to become efficient self-learners.

"This semester we have a couple of new and exciting ESL classes starting in the ESL program," says Karen Miller, ESL program co-ordinator at Seneca.

Classes include Academic Vocabulary Development and Vocabulary and Idioms, which "helps students develop strategies to recognize, understand and use unfamiliar words and idioms in speaking and writing," Miller says.

Miller says that Reading Skills is a new course that focuses on teaching reading strategies such as recognizing patterns of organization, contextual clues and word parts. "In addition, we practice skimming, scanning and reading faster," Miller says.

Being sensitive to the schedule and space concerns of its corporate clients, Seneca ESL courses can be delivered either on the firm's premises or at any of Seneca's four campuses.

The ESL program also provides other services such as one-on-one appointments with English tutors. Qualified English tutors give ESL students personalized tips on finding and correcting errors in their own work.

There are also writing and grammar workshops and ESL conversation clubs, which allow students to practise their spoken English at weekly meetings in a relaxed environment.

Opening new eyes to the Arctic

JON TATTRIE
for Metro Canada

Southerners tend to treat the north as a giant freezer where we keep our natural resources, but it's a vibrant, beautiful and culturally fascinating region, says Dr. Trudy Sable of Saint Mary's University in Halifax.

CHRIS JACKSON/GETTY IMAGES
Midnight sun reflects off the face of ridges on the West Coast of Spitsbergen in Longyearbyen, Norway.

Sable teaches The Arctic Culture Area, an online course offered in co-operation with the virtual University of the Arctic. It joins English-speaking students from Canada, Alaska, Norway, Greenland, Russia and other Arctic regions.

"The idea is to familiarize students with the various circumpolar cultures, as well as the environment in which they live and the challenges of who they are throughout the world," Sable says. "You've got different government structures, cultural influences, and there are also shared environmental factors."

The resource-rich north has been in the news lately as an area of polarizing tensions between nations. Many occupants of the north, like Laplanders and the Inuit, have traditional homelands stretching beyond modern national boundaries. "If you look at it from prehistoric to historic times, you have to look at all those border issues that have grown up," Sable says.

Plans are currently afoot to create a northern university in Canada, as it is the only Arctic country without one.

"It really is eye-opening to realize it's not this big blank space up there," Sable laughs. "It's amazing how much takes place up there."

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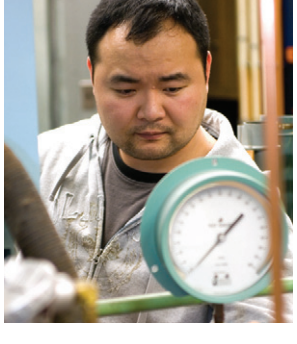

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University of Waterloo senate approves Dubai campus plan
The University of Waterloo's senate voted to "endorse in principle" the school's proposed campus in Dubai, United Arab Emirates. The plan is to operate 2+2 programs in which students spend their first 2 years of study at the Dubai site, then come to Waterloo for the last 2 years. **METRO NEWS SERVICES**

Workology

Centennial donation

GO Transit donated a retired bus to Centennial College's School of Transportation. The bus will be used as a training tool for students in the Truck/Coach and Heavy Duty programs to learn how to inspect, maintain, and repair large passenger vehicles. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

A law firm with a loving touch

All-women legal office says it offers the emotional quotient that others don't

Small Business

BRIAN COULTON
for Metro Canada

If the lawyers in movies were those we associated with from day to day, we'd be in a cynical mess. A profession that's all too often painted as cutthroat and aggressive in popular culture and celebrity media doesn't quite reach the realistic legal bar. But Janet Bomza says there are all types of lawyers out there, some of whom can be intimidating. And it's her Toronto law group's personal touch she says that separates it from the pack.

'We do everything possible to take the intimidation out of law,' Bomza Law Group owner says.

"We do everything possible to take the intimidation out of law. We really get personal with our clients and make them feel very comfortable," says Bomza, founder of Bomza Law Group.

The firm specializes in Canadian, U.S. and global immigration law; an area Bomza says can be a particularly stressful for their clients. "We go above and beyond with our clients in terms of preparing them, listening to their concerns, discussing their concerns and giving them tools and strategies to make the experience as low stress as possible."

Part of how Bomza says her firm accomplishes this is through their novel handling of law's emotional side. "We listen to our clients as they express their frustration over the time that a government takes to process an application, or the stress of being separated from a spouse." Whether a client is a company CEO or an individual, Bomza maintains addressing the human factor can be as relevant as the legal side.

"We go above and beyond with our clients in terms of preparing them, listening to their concerns, discussing their concerns and (making) the experience as low stress as possible." Janet Bomza

What the Bomza Law Group has that Bomza says others don't necessarily is EQ — the emotional quotient.

Hazel Casey, office manager for the firm, says the group's presently pan-female makeup allows them this result.

"One of the primary differences is that women naturally and instinctively have a slightly different level of intuition, empathy and understanding than a man," says Casey. "On our staff, we have mothers: People who are used to dealing with situations of stress and with people who are under a great deal of duress and confusion. As women, we are able to bring a different level of understanding to those particular problems."

But Veronica Zanfir, a Bomza senior associate lawyer, says they never set out to create an all-woman law firm. As someone who has worked at other firms, she says their success has as much to do with their 16 employees all being women as the internal collegiality and fostering of professional growth that exists at Bomza. "At the end of the day, we don't market ourselves as women because we don't need to. Our services speak for themselves."

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Banning fast-food TV ads could help, study
A ban on fast food commercials in the United States would reduce the number of obese young children by 18 per cent, and the number of obese older kids by 14 per cent, researchers found. THE ASSOCIATED PRESS

Health

Have a helping of mighty capers

Having a steak or burger? Add a sprinkling of capers. An Italian study published in the Journal of Agricultural and Food Chemistry found that capers contain isothio-cyanates, compounds that are thought to help protect against cancer. Capers, the pickled buds of a Mediterranean flower, are especially good for people whose meals are rich in fats and red meats, say researchers from the University of Palermo. BEST HEALTH MAGAZINE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Spreading tooth decay

Parents should be wary of bacteria in their mouths

CELIA MILNE
for Metro Canada

You may not realize it, but your mouth contains bacteria that can spread to your children and harm their teeth.

That is one of the messages in a new campaign recently launched by the Ontario Dental Association.

"Only nine per cent of the public realizes that tooth decay is an infectious illness," says Dr. Ian McConnachie, past-president of the Ontario Dental Association and a pediatric dentist in Nepean, Ont. "They don't realize it can spread from person to person or within the mouth."

Tooth decay is caused by bacteria. These germs don't exist in babies' mouths when they are born, but can be transmitted to them, "usually from mom," says Dr. McConnachie. For instance, before putting the soother in her baby's mouth, she licks it. Or she licks a spoon and then uses it to feed the baby. Once in the baby's mouth, the bacteria grow and eventually cause tooth decay.

Mothers can transmit germs that could lead to tooth decay by licking a spoon and then using it to feed her baby.

"We are seeing tooth decay in children rising at a rapid rate," says Dr. McConnachie. Over the last 25 years, rates of tooth decay in North America had been declining, but in the last five to 10 years, they have started to creep back up, he says. In some regions, more than half of kids have cavities by the age of five.

To prevent tooth decay, children should begin seeing a dentist regularly before their first birthday, according to the ODA. Dental health programs provided by the government should target preschool kids, says Dr. McConnachie, instead of waiting until children already have tooth problems.

Tips for parents

There are some measures parents should take to avoid tooth decay in children:

- If your baby sleeps with a sippy cup, fill it only with water.
- Look at your child's teeth. Watch for lines, spots or changes in colour, which could be signs of decay.
- Change your child's toothbrush every one to three months or after an illness.
- Do not share spoons, cups, food, toothbrushes.
- Do not lick your baby's soother.
- Help your child brush his/her teeth.

CELIA MILNE/
FOR METRO CANADA

Teen pregnancies tied to TV

RESEARCH Groundbreaking research suggests that pregnancy rates are much higher among teens who watch a lot of TV with sexual dialogue and behaviour than among those who have tamer viewing tastes.

Sex and the City, anyone? That was one of the shows used in the research.

The new study is the first to link those viewing habits with teen pregnancy, said lead author Anita Chandra, a Rand Corp. behavioural scientist.

THE ASSOCIATED PRESS

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Dating for a good cause

The J Spot

Josey Vogels

Sex talk with Josey

A recent article argued for the need of a "Date Local" movement to reverse the carbon print caused by long-distance romance.

This time of year tends to bring out our charitable side. And these days, it seems, one can do anything to raise money for a good cause. Even date.

"The Vancity Bachelor" has vowed to donate $5,000 to a local charity in the name of the person who introduces him to his future wife. The Vancouver man, who wishes to remain publicly anonymous, is apparently a successful career man (he cites his devotion to his career as one of the reasons he is still single) who is ready to settle down and start a family. He frowns upon nightclubs and dating services as ways to meet the love of his life and instead is willing to enter into an e-mail correspondence (Vancitybachelor@gmail.com) with any interested parties to determine if there is enough of a connection to start dating.

Donating to charity isn't the only way one can date conscientiously. A recent article at Slate.com argued for the need to create a "Date Local" movement to reverse the carbon print caused by long-distance romance. Just as the Local Food Movement encourages us to eat only what is produced within a 100-mile-radius of our homes, the article encouraged people to start thinking in terms of "sex miles" (the distance someone travels to hook up with you) and date sustainably by becoming a "locasexual."

If you must date long distance, you can at least do what a friend of mine does when she travels to Dallas to see a guy she met online. When she books Air Canada, she pays $6.40 for the airline's carbon footprint offset option. When she gets a better deal through another airline, she goes to *zerofootprint.net* and calculates what her carbon footprint is for her trip and then purchases offsets at the site's ZeroFootprint Carbon Shop.

But why stop at dating? You can also make your sex life more environmentally friendly.

Toronto-based sex shop Come As You Are (*comeasyouare.com*) favours manufacturers who provide fair wages for their workers and use manufacturing processes that have less negative environmental impact. They advise purchasing sex toys made of non-latex, phthalate-free silicone or elastomer and to look for Canadian-made and organically sourced, preservative-free massage oils and lubricants.

Lastly, go animal free. Come As You Are sells Glyde, a vegan condom, as well as a line of vegan restraints and harnesses.

With a little conscious effort, dating and sex can feel good in a whole new way.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Twilight sequel in the works
Actor Rob Pattinson has reportedly confirmed there will be a sequel to vampire love story Twilight, and he will star in the epic. Producers want to capitalize on Twilight's success by turning Stephenie Meyer's second book, New Moon, into a follow-up film. **IMDB.COM**

Entertainment

No Doubt tour

No Doubt (front woman Gwen Stefani, left) is getting back together for a tour in 2009 as the band puts the finishing touches on its first studio album in seven years. **BBC NEWS ONLINE**

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Red Letter Year is the latest album from Grammy-winning singer-songwriter Ani DiFranco.

Woman in red

U.S. political shift has Ani DiFranco smiling

ROB MCMAHON
for Metro Canada

For Ani DiFranco — and as she describes it, much of New Orleans — it's been a Red Letter Year.

DiFranco, who has just released an album of that name and moved to the Big Easy, described neighbours congregating on streets and popping champagne bottles after the recent presidential election.

"There's this incredible feeling, people are so full of joy and hope," she said. "I tear up when I think about it."

The political situation is just one reason the eclectic punk-folk artist is grinning. She's now a mother, with little Petah Lucia serving as a muse. Her partner and co-producer Mike Napolitano adds new layers to her poetic lyrics and rhythmic compositions, bringing in instruments like a vibraphone and marimba, and committing what DiFranco jokingly calls the "blasphemy of blasphemies" — muting the guitar on beat-heavy tracks like Smiling Under.

While DiFranco is no stranger to creative conflict — an esthetic reflected in her resolutely DIY ethos, her trademark slapstrum guitar and her willingness to self-reflexively tackle political issues in her lyrics — this year finds her a lot more chilled out. From the mellow dedication to her daughter Present/Infant to the raucous, horn-heavy closer Red Letter Year Reprise, DiFranco sounds happy. Could be the gumbo: She described New Orleans as vibrantly alive, despite ongoing lackadaisical government response to the devastation of hurricane Katrina.

"A lot of people are rebuilding by pulling themselves up with their own bootstraps, and in a lot of areas of town ... nothing has improved."

That said, DiFranco remains an optimistic activist, and not just politically. New distribution tools help independent musicians, but accompany an explosion of touring bands that can no longer rely on record sales, leading to more competition for venue space. The self-described tour warrior welcomes the challenge.

"There's nothing that approximates the experience of having hope and getting together with people and experiencing each other, hearing live music for real. That's how I built my career."

In concert

- Ani DiFranco plays the Queen Elizabeth Theatre tomorrow.

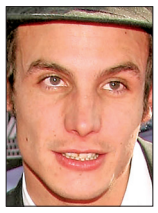
Amy Winehouse's husband loses appeal

MUSIC A British court yesterday rejected an appeal by the husband of singer Amy Winehouse against his sentence for assault and obstructing justice.

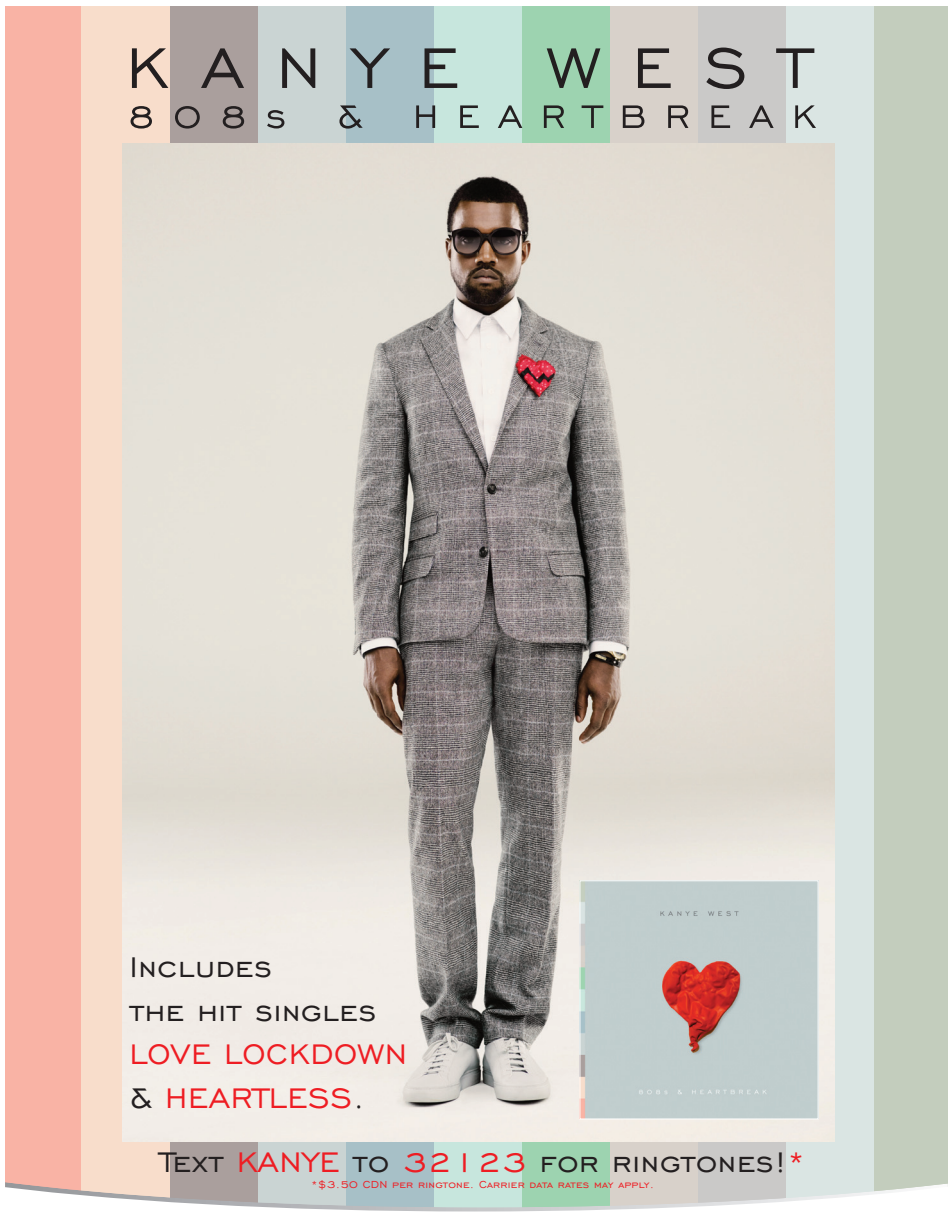
Blake Fielder-Civil was sentenced in July to 27 months in prison for beating up pub manager James King and then offering him a bribe to keep quiet about it.

Fielder-Civil, who had spent nine months in jail awaiting trial, was released earlier this month on condition he live at a drug rehabilitation centre.

Two Court of Appeal judges turned down an appeal against the sentence. **THE ASSOCIATED PRESS**



Fielder-Civil



MJ avoids showdown
Pop star Michael Jackson has managed to avoid a showdown with a sheik of Bahrain in a London court, reaching a last-minute settlement in a $7-million US battle over a music deal gone sour. METRO NEWS SERVICES

Alter-egos coming out

From Bowie's Ziggy to Miley's Montana, stage names are here to stay

PAT HEALY
Metro World News

With the release of her latest album, I am... Sasha Fierce Beyoncé Knowles isn't the first to attempt confusing and alienating fans with the strange re-branding technique of creating the alter ego. Here's a look at famous aliases of music-past.

• DAVID BOWIE
ALTER EGO: ZIGGY STARDUST

The androgynous glittery frontman for The Spiders from Mars, Ziggy Stardust sported an electric red mullet and outrageous skin-tight costumes, and claimed he'd come to Earth to give humans hope for the five years before the world would end … but by then, Bowie, who was actually born David Jones, cooked up a coked-up new persona called "The Thin White Duke."

David Bowie

CULTURAL IMPACT: Ziggy basically invented the glam rock movement in the '70s and was likely the inspiration for the legions of alter-egos that hit rock music in years to come, though few could top his bizarro coolness.

• GHOSTFACE KILLAH
ALTER EGO: IRONMAN, TONY STARKS

The original stage name of Dennis Coles comes from a lead character's name in the 1979 Japanese kung fu film Mystery of Chess Boxing but his other alter ego is less obscure. Ironman is derived from the Marvel comic of the same name (different syntax though) and in the comic, Starks is Iron Man's original identity.

CULTURAL IMPACT: Maybe we can thank Ghostface for the Summer of 2008 Iron Man craze, and 2009's forthcoming Iron Man 2 craze … Otherwise, Ghostface is mostly recognized by his original stage name.

• GARTH BROOKS
ALTER EGO: CHRIS GAINES

Once Brooks got bored with singing about his friends in low places, he decided to flesh out his first starring role in a production that was to be called The Lamb by creating a greatest hits album by a fictional tortured rocker named Chris Gaines. The album bombed so badly that plans for the film were scrapped as was this short-lived alter ego.

GETTY IMAGES PHOTO
Beyoncé Knowles says she created the Sasha Fierce alter ego in order to protect "who she really is" when she's performing.

CULTURAL IMPACT: Very little aside from providing inspiration for swarmy sleaze magician Criss Angel's look.

• MILEY CYRUS
ALTER EGO: HANNAH MONTANA

Given that this alter-ego was created by a major corporation, and not by Cyrus herself (whose real name is Destiny Hope Cyrus, by the way) we can't say there's much to offer in the differences between these two besides a blonde wig. Do the kids like Hannah and not Miley? Miley more than Hannah? Kids these days…

Miley Cyrus

CULTURAL IMPACT: Remains to be seen, but she is the first performer with an alter-ego to have her own 3-D movie.

• BEYONCÉ
ALTER EGO: SASHA FIERCE

Knowles says she created this alter ego in order to protect "who she really is" when she's performing on-stage. Coming out with an album that divides into two discs, one dedicated to "I am" and the other to "Sasha Fierce" we're finding the difference between the two boils down to a difference in tempo and nothing more.

CULTURAL IMPACT: We'll see, but it's doubtful there will be much of any, as there really doesn't seem to be much of a difference between the Fierce look and Beyoncé's (at least kids can buy blonde Hannah wigs) and many critics are calling Sasha a flop.

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DVD picks

Hancock
Director: Peter Burg
Rating: PG-13

ROUSED from his alcoholic stupor to stop a high-speed chase on a Los Angeles freeway, grumpy superhero John Hancock (Will Smith) causes nearly $10 million in property damage. The city's gratitude is muted by complaints that his cure for crime could push L.A. into penury. Thanks for nothing, man!

All of which makes Hancock one of the most realistic and stimulating superhero movies in a long while, until it slams into a brick wall about an hour into its 92-minute run.

Hancock, who is like Superman with bad manners and a major attitude, isn't the least bit contrite or polite. But things change after Hancock saves public relations image-maker Ray Embrey (Jason Bateman) from a fatal collision with a train. Ray sees Hancock as a rough gem in need of some polishing, which he intends to provide.

Hancock is still worth seeing, if only for a glimpse of what might have been a truly innovative idea. As it is, the movie is as rough around the edges as Will Smith's hamfisted hero.

Available in various digital denominations, with extras that include an extended director's cut, and behind-the-scenes looks at the stuntwork and CGI wizardry.

Fred Clause
Director: David Dobkin
Rating: PG

"YOU can't a-fool a-me!" Chico Marx once told brother Groucho, comically and contractually speaking. "There ain't no sanity clause!"

Yes, but sadly there is Fred Claus, a holiday movie letdown similarly lacking in logic. It senselessly dims an idea that should shine as brightly as Rudolph's nose.

It's the high-concept joke about what might happen if Santa Claus (Paul Giamatti) had a troublesome older brother named Fred (Vince Vaughn).

Vaughn immediately demonstrates he's all wrong for a role. Kevin Spacey also chews the pine cones in his villainous role.

Then there's the ham-fisted direction of David Dobkin (Wedding Crashers) and knuckle-dragging humour of screenwriter Dan Fogelman (Cars). Far from being a new Christmas classic, this is a tale you'll never want to hear told again.

TORSTAR NEWS SERVICE

Work gets Madonna through her divorce

Madonna

DIVORCE Madonna's marital breakup is tough but she says she's grateful that her heavy workload "provides a distraction that keeps me going.

"I'm sad about my personal life but I feel very blessed and very lucky that I have the opportunity to do what I do in my professional life," Madonna said.

"It would be horrible if I was just thinking about getting a divorce and had nothing to do."

Last week, Madonna and British filmmaker Guy Ritchie were granted a preliminary decree of divorce after eight years of marriage.

The Boss offers up free downloads

Bruce Springsteen

MUSIC Bruce Springsteen's new single can be downloaded free of charge — for one day. Springsteen is offering free downloads of Working on a Dream on iTunes and his official website. The track will have a fee attached on iTunes from Tuesday through Dec. 9.

It's the first offering from Springsteen's upcoming album, also titled Working on a Dream, which will be released Jan. 27, five days before the rock star and the E Street Band perform at the Super Bowl halftime show in Tampa, Fla.

Las Vegas getting a different taste of Sinatra fare

FOOD Fans of Frank Sinatra will get a kick out of a new Italian restaurant planned for the Las Vegas Strip.

Casino mogul Steve Wynn tells the Las Vegas Review-Journal that a restaurant at Encore, his newest resort, will be named Sinatra.

Wynn says the singer's family has loaned him Sinatra's Oscar and Grammy Awards, which will be featured prominently in the restaurant.

THE ASSOCIATED PRESS

Boy George goes to trial

Escort alleges he was handcuffed and beaten by singer

A Norwegian escort told a court yesterday that Boy George manacled him to a bedroom wall and beat him with a metal chain after accusing him of hacking into his computer.

The former Culture Club singer is on trial for the false imprisonment of 29-year-old Audun Carlsen.

The 47-year-old singer, who is standing trial under his real name, George O'Dowd, denies the charge.

Carlsen told London's Snaresbrook Crown Court that he met the singer through a website and went to his London home for a naked photo shoot.

After the encounter, Boy George sent a series of e-mails accusing Carlsen of hacking into his computer but Carlsen nonetheless agreed to return for a second photo session several weeks later in April 2007.

Carlsen told the jury that when he arrived Boy George and another man held him down and beat him before the singer handcuffed him to a hook in the bedroom wall.

"George was slapping me and beating me and punching me and screaming things."
Audun Carlsen

"George was slapping me and beating me and punching me and screaming things," Carlsen said.

Carlsen said he was able to escape by unscrewing the hook and running for the door.

"I took a bit of time getting the door open and he had a metal chain that he was hitting me with," Carlsen said.

Carlsen said he ran into the street clad only in his underwear. The court was shown photographs of red welts on Carlsen's head and injuries to his arm which he said had been inflicted during the attack.

Boy George's androgynous image and powerful voice made him an '80s icon, and gave Culture Club hits including Karma Chameleon and Do You Really Want to Hurt Me?

But the singer has struggled for years with drug problems.

In 2006 he was ordered to do community service with New York City's Department of Sanitation after pleading guilty to false reporting of an incident. He called police with a false report of a burglary at his lower Manhattan apartment, and the responding officers found cocaine inside. THE ASSOCIATED PRESS

Oprah asks court to drop defamation suit

COURTS Oprah Winfrey wants a court to dismiss or order arbitration in a defamation lawsuit filed by the ex-headmistress of her girls school in South Africa.

Nomvuyo Mzamane sued over remarks the media mogul made following sex-abuse complaints at the $40 million Oprah Winfrey Leadership Academy for Girls, near Johannesburg. A dorm matron who worked under Mzamane was charged with abusing six students last year.

According to the lawsuit, filed last month in Philadelphia, Winfrey falsely implied that Mzamane wasn't trustworthy through comments about the need to clean house and remarks such as, "I thought she cared about the girls of South Africa."

Oprah Winfrey

Her lawsuit seeks more than $250,000 US on five defamation and related counts from Winfrey and her production companies.

Winfrey denies making any false or defamatory statements.

"Read in context, these statements suggest no more than they actually say — that the abuse incident was used as an opportunity to bring new personnel into the school..." her lawyers said Friday.

Mzamane, a native of Lesotho, says she has been unable to find work because of Winfrey's comments. THE ASSOCIATED PRESS

Qatar enlists De Niro for film fest

FILM FEST Qatar has teamed up with Robert De Niro and other founders of New York's Tribeca Film Festival to host a similar annual event, featuring new and established filmmakers, starting next year in the small, oil-rich nation.

The organizers of the Doha festival, which will be held for the first time in November 2009, said they hope it will build up understanding between Arabs and the rest of the international community.

The festival has been designed to feature the local Qatari community, as well as broader Arab culture.

Mid East countries such as the United Arab Emirates censor films and occasionally ban entire movies. THE ASSOCIATED PRESS

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Beatty goes to court for Dick Tracy rights

Veteran actor Warren Beatty filed a suit against multimedia company Tribute Co. last week over the rights to comic book detective Dick Tracy, in a bid to prevent Tribune from forcing him to relinquish the rights over the character. IMDB.COM

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China not Guns N' Roses fan

A newspaper published by China's ruling Communist Party is blasting the latest Guns N' Roses album as an attack on the nation.

Delayed since recording began in 1994, Chinese Democracy hit stores in the U.S. on Sunday, although it is unlikely to be sold legally in China, where censors maintain tight control over films, music and publications.

In an article yesterday headlined "American band releases album venomously attacking China," the Global Times said unidentified Chinese Internet users had described the album as part of a plot by some in the West to "grasp and control the world using democracy as a pawn."

The album "turns its spear point on China," the article said.

China's Foreign Ministry did not respond to faxed questions about the article, although a spokesman speaking on routine condition of anonymity said: "We don't need to comment on that."

The record's title track makes a reference to the Falun Gong meditation movement that was banned by China as an "evil cult" and warns "if your Great Wall rocks blame yourself," in an apparent message to the country's authoritarian government.

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Legal Seagal
Action star Steven Seagal is to take part in a new reality series that will chronicle his little-known role as a police officer in Louisiana. Seagal has been a fully commissioned deputy at the state's Jefferson Parish Sheriff's Office for the last 20 years. **IMDB.COM**

Making amends, IntelleVision style

IntelleVision

DON'T SHOOT THE MESSENGER: Yesterday's column on CTV's recent woes ended up feeling like an argument at a dinner party, right down to the hurt feelings and regrets, and the half-hearted apology the next day after the wine hangover wore off.

An e-mail from the network is prompting the latter though, like the dinner party fracas, it probably won't satisfy everyone.

Susanne Boyce is CTV's President, Creative, Content and Channels; Suzanne Boyd is the one-time editor of Flare, the fashion magazine. Writing in haste made me confuse one with the other, which gives you some idea of the mnemonic wasteland that too many years in the media can leave in their wake — mea culpa.

And the reason that three recently cancelled ABC shows (Eli Stone, Pushing Daisies, Dirty Sexy Money) don't show up on CTV's website is because they were on A Channel, the network's kid sister channel in the CTVglobemedia family tree, though in the end the difference simply boils down to separate columns in the media conglomerate's spreadsheets. Mea sorta culpa, in other words.

The e-mail pointed out that CTV's main competition, Global, has been suffering more from cancelled U.S. series (My Own Worst Enemy, The Ex List) and underperforming one-time hits (Heroes, Prison Break). Which is true, but it doesn't diminish the undeniable fact that network prime time is experiencing an annus horribilus, just after a couple of consecutive annus bring-downs, and as a prelude to what looks like an annus craptacular.

CTV still retains its No. 1 status, but as a recent Variety article pointed out, total viewership in Canada is down, and the network is sharing the 18 to 24 demographic neatly with Global, the competition, which still has House and Survivor.

CTV will probably keep the upper hand thanks to So You Think You Can Dance and Canadian Idol in its U.S. and Canadian iterations, but this is the only sort of TV where you can rely on strong, easily measurable morning-after ratings: Shows that play "live," instead of encouraging difficult-to-measure delayed DVR viewing or streaming views on network websites.

Another recent Variety article paints an even bleaker picture, comparing the networks to the Big Three auto manufacturers, finally reaping the whirlwind of a downturn that everyone saw coming.

Viewership in the 18 to 49 demographic has fallen a further 13 per cent this year so far, and the numbers that make a show a hit would have been mediocre a few years ago.

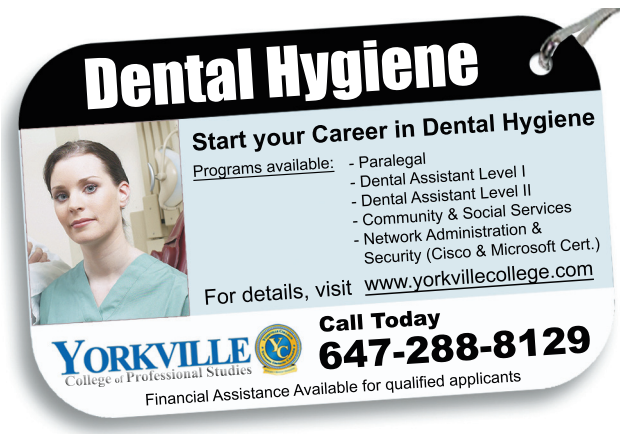
"How low can they go?" the Variety piece asks. "And at what point can the networks no longer monetize ratings that don't look much better than cable?"

Rick McGinnis writes about music, movies, books and television, but not opera.

Talks stalled on bringing Beatles to iTunes

MUSIC Negotiations on a long-awaited deal to make the Beatles' catalogue available on the online music service iTunes have stalled, Paul McCartney said yesterday.

"The last word I got back was it's stalled at the whole moment, the whole process," the former Beatle said. "I really hope it will happen because I think it should." **THE ASSOCIATED PRESS**



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Murder trial starts for Sopranos actor

CELEB JUSTICE A prosecutor at the murder trial of Lillo Brancato Jr. told jurors yesterday the former Sopranos actor got involved in the killing of an off-duty police officer during a desperate mission to steal prescription drugs.

But the defence said in opening statements that the only culprit was the man already convicted in the shooting. Brancato, 32, is charged with second-degree murder in the 2005 death of Officer Daniel Enchautegui. "Lillo was (at the scene) to satisfy his addiction. But he wasn't there to do violence — and that's important," said Brancato's lawyer, Joseph Tacopina, in his opening statement.

Brancato played a doomed aspiring mobster in HBO's The Sopranos.

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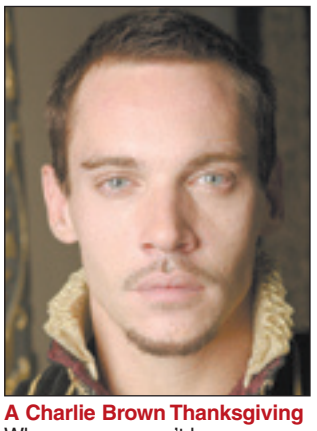
TO	Vu	SC		C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 11/25/08	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		The Children (Part 2 of 3) (N)		The Mummy Diaries		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House "Last Resort" (N)		(9:08) NCIS "Dagger"		(10:08) Kitchen Nightmares		News (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Rita Rocks	Rita Rocks	Stylista		Hates Chris	Friends	News (N)
	212	313	8	CTV	etalk	Hollywood	Law & Order: SVU		Dancing With the Stars				News (N)
	218	345	11	E!	The Insider (N)	E! News	The Biggest Loser: Families (N)				The Best Years (DVS)		News (N)
	137	763	13	TFO	Panorama		Canada	Villages	*L'Année dernière à Marienbad* (1961, Drame)			Aventures	Les Couleurs
	-	-	14	-	Cold Case "Kensington"		News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	*Young Ivanhoe* (1995, Drama) Stacy Keach.				To Serve and Protect		Grill Rm.
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Dagger" (N)		The Mentalist (HDTV) (N)		Without a Trace (N)		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser: Families (N)				Law & Order: SVU		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	A Charlie Brown Thanksgiving		Dancing With the Stars				News
	219	346	20	ACH-B	Instant Star	TMZ (N)	Pushing Daisies (N)		(9:08) Fringe (N)		(10:07) Comedy Now		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	House "Last Resort" (N)		(9:08) Fringe (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Keeping Up	Nova (HDTV) (N) (DVS)		Frontline (HDTV) (N) (DVS)			Life Journeys	Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	*How to Deal* ★★ (2003, Romance) Mandy Moore, Trent Ford.				CW11 News at Ten (N)		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	*How to Deal*
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Cubers (N)		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	CNBC Reports				On the Money		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	Hockeycentral	UFC: Access	World Combat League		The Ultimate Fighter		Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey!	Madden Nation	Boxing Jeff Lacy vs. Jermain Taylor. (HDTV)				SportsCentre (HDTV) (Live)		
	411	457	58	OLN	(6) The Amazing Race 6		Survivorman		Angry Planet	Flying Doctor	Which Way to... (N)		Pilot Guides
	417	406	81	SC	Pinks	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Unique Whips	Hot Import	Pinks
family	551	542	25	YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.
	554	544	45	TEL	George-Jungle	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad	Robot Chicken	Rick & Steve
	556	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	570	580	29	MM	Degrassi: Next	Instant Star	disBand	Technical Diff.	You Can Dance		Dance	Video on Trial	MuchTopTens
	615	520	31	A&E	CSI: Miami "Shattered"		The First 48 (HDTV)		The First 48 "Blackout"		The Rookies	The Rookies	Jacked: Theft
	700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	48 Ore		Raymond	Raymond	George Lopez
	571	581	36	MMM	mmmtop	Where You At	Listed		Popaganda		Don't Forget the Lyrics!		Party of Five
	575	583	38	CMT	Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	616	521	39	SHO	About a Girl	About a Girl	The Best Years (DVS)		Testees	Trailer Park	The Shield		House
	620	523	40	BVO	Desperate Housewives		Live at the Rehearsal Hall		Crossroads of Rock N' Roll		Bravonews	Side-Dick Dale	Law & Order
	601	562	41	SLC	End of Leash	ET Canada	Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS
	522	506	43	HIS	NCIS		Outlaw Bikers		Ax Men		NCIS		Crime Stories
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	294	529	47	TBS	House-Payne	House-Payne	*After the Sunset* ★★ (2004, Comedy-Drama) Pierce Brosnan.				Steve Harvey	Family Guy	Family Guy
	576	582	49	BET	106 & Park	*Hair Show* ★ (2004, Comedy) Mo'Nique, Kellita Smith, Gina Torres.					Keyshia Cole	Brother	Keyshia Cole
	627	528	50	SPC	Lost		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall (N)	The Circuit	Stargate SG-1
	581	566	52	MTV	Busted	After	MTV News	Cribs	Paris Hilton's My New BFF		Paris Hilton's My New BFF (N)		MTV Live
	618	524	54	TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	56	FOOD	The Main	Chef at Home	Restaurant Makeover		The F Word		Chef School	At the Table	Restaurant
	261	394	60	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		Vendetta Song		MythQuest
	621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	etalk	The Tonight Show-Jay Leno		Paris Hilton's My New BFF (N)		TMZ
	553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101	TVA	Star Système	Histoires-filles	Le Débat des chefs (N)				TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102	RDI	Débat des chefs						Analyse du débat		
	526	507	249	VIVA	Judging Amy		Commander In Chief		The West Wing		Encounters	In Dreams	Psychic Inv.
	300	601	301	M1	(7:15) *Reservation Road* ★★ (2007, Drama)				*Atonement* ★★★ (2007, Drama) James McAvoy.				*Perfect Strngr*
	305	612	306	PIX	*Never Say Nvr*	(7:20) *Danger Zone* (1996, Suspense)			*Best in Show* ★★★ (2000, Comedy)			(10:40) *Cube* (1997)	

critics' corner

The Tudors
Someone send her a copy of "He's Just Not That Into You." There just isn't a lot of security in being hooked up with Henry VIII, as Anne Boleyn discovers once again when the king makes his newest love interest, Jane Seymour, a lady in waiting. Later, when the king is injured in a jousting match, everyone starts thinking about his successor — and he still lacks a male heir. 9 PM on CBC



A Charlie Brown Thanksgiving
Who says you can't have popcorn and toast for Thanksgiving dinner? That's the menu when Snoopy is put in charge of making a feast for the Peanuts gang. But Peppermint Patty throws a fit and almost ruins the holiday. 8 PM on ABC

Without a Trace
Jack and Samantha head for Los Angeles on the trail of a man who disappeared after attending his employee's funeral. Through investigations, the case takes a turn when the agents discover the true reason for the missing man's West Coast trip in "Better Angels." 10 PM on CBS

Tyra's show to slim down

Tyra Banks is facing a raft of cuts to her daily show, as U.S. networks feel the pinch of the global economic downturn. The Tyra Banks Show is to move to CW network's afternoon slot and will see the production schedule cut to reduce costs. **IMDB.COM**

Celebrity Buzz

Jolie pleased to be aging

BEAUTY Angelina Jolie only started to be happy with the way she looked when she became a mother because it gave her face more character, imdb.com reports.

The actress and her partner Brad Pitt have adopted children Maddox, 7, Pax, 4, and Zahara, 3, and had biological children Shiloh, 2, and baby twins Knox and Vivienne. It was only when she welcomed the twins that Jolie began to appreciate her appearance.

"I know this is going to sound corny, but I first became happy with the way I look when I became a mother. There's this idea that beauty is when someone does your hair and puts a lot of makeup on you and sticks your face on the cover of a magazine. Is that beauty?" she tells Britain's You magazine. Jolie is pleased she is getting older, because she is looking more like her late mother, Marcheline Bertrand, who died last year from cancer.

"You know what is beautiful? My mom. She was beautiful to me, and I look more like my mom as I get older," Jolie adds. "Something else comes out of you when you become a parent and, as you get older, you start to see more character in your face. Now, when I look at myself, I just see somebody at peace, and I see a mom, and I see my own relatives in my face — and that's a kind of beauty that exists for everybody and doesn't disappear."

METRO NEWS SERVICES

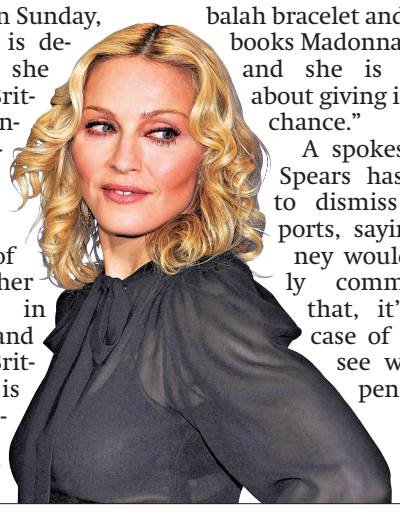
Madonna trying to coax Spears back

RELIGION Madonna has offered Britney Spears full use of her New York home in a bid to tempt her back into her Kabbalah religion, according to reports.

The pop star is allegedly keen to get Spears back into studying the ancient faith, an off-shoot of Judaism, femalefirst.co.uk reports.

Spears reportedly turned her back on Kabbalah after giving birth to second son Jayden James in 2006, when she declared, "I no longer study Kabbalah. My baby is my religion."

A source tells Britain's The Mail on Sunday, "Madonna is determined she can get Britney back into Kabbalah. She has offered her a suite of rooms at her apartment in New York and has told Britney she is her surrogate mother. Britney used to wear the red Kabbalah bracelet and read the books Madonna gave her and she is thinking about giving it another chance."



A spokesman for Spears has refused to dismiss the reports, saying, "Britney wouldn't really comment on that, it's just a case of wait and see what happens."

METRO NEWS SERVICES

Fox doesn't think of herself as foxy

BEAUTY Actress Megan Fox thinks little of her looks, comparing herself to a female version of aging rocker Ted Nugent, imdb.com reports.

The Transformers star, 22, frequently tops men's magazine polls and was recently voted Sexiest Woman in the World by FHM magazine, beating actresses Jessica Alba and Jessica Biel to the title.

But she is unconvinced by the praise.

"I don't think I'm a sexy, beautiful woman," Fox tells GQ magazine. "I look like Ted Nugent in a black wig."

METRO NEWS SERVICES

Wood moves on to Gordon-Levitt?

RELATIONSHIPS Actress Evan Rachel Wood has sparked reports she's moved on from her romance with rocker Marilyn Manson after she was spotted in the arms of actor Joseph Gordon-Levitt in Los Angeles, imdb.com reports.

Wood and Gordon-Levitt appeared together recently at the Hamilton Behind the Camera Awards. According to the National Enquirer, Wood has ignited a new love affair.

"This thing with Joseph has come out of nowhere," a source says. "They've taken everyone by surprise. They were having so much fun together.

"They were dancing wildly, drinking and flirting. Joseph's a genuinely nice guy. He and Evan Rachel are very compatible and make a cute couple. After her relationship with Manson, there's no doubt in my mind her parents are relieved she's finally dating someone clean-cut and closer to her age."

Manson, 39, and Wood, 21, began dating in December 2006. They announced their breakup earlier this month.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Stewart putting school on hold

EDUCATION Actress Kristen Stewart has put her dreams of attending a prestigious American university on hold because she has "an authority issue," imdb.com reports.

The 18-year-old Twilight star has yet to finish her high school studies, since her acting career has skyrocketed with attention from the new vampire film.

Stewart admits her own teen angst is to blame.

"It's sort of embarrassing, but I'm finishing my last year of high school," she says. "It's been a bit of a rough road. I'm entirely self-indulgent and I put things off so I just took a little longer but it's OK. I have a bit of an authority issue. I've grown up saying, yes, I'm going to get to an Ivy League (private university). I definitely have a future in academics, it's just not a really conventional one. I don't know what happened but I'm going to do my own thing for a while."

METRO NEWS SERVICES

Paltrow nets big paycheque

SPOKESPERSON Actress Gwyneth Paltrow has scooped a six-figure paycheque after signing on as the spokesperson for American Express credit cards, imdb.com reports.

Paltrow will feature in a series of new advertisements to promote the financial firm, adding to her portfolio as the face of cosmetics giant Estée Lauder and fashion house Tod's.

The exact sum of money Paltrow will receive for the promotion has not been disclosed.

"She decided to do the commercials because it was quite simply such a huge amount of money," a friend says. "She seems to be spreading her wings and wanting to do many more things than just acting."

METRO NEWS SERVICES

Heidi, Spencer elope

WEDDING Reality TV stars Heidi Montag and Spencer Pratt have eloped. The usually publicity-hungry couple, who rose to fame on the MTV series The Hills, tied the knot during a secret ceremony in Mexico. Montag confirmed the news to PerezHilton.com, saying, "The minute we said our vows, I couldn't stop crying."

NED EHRBAR/ METRO WORLD NEWS

Hudson's shoe addiction

FASHION Kate Hudson owns "more than 400 pairs of shoes," femalefirst.co.uk reports.

The actress reportedly finds it difficult to restrain herself when she sees footwear she wants to buy and consequently has a wardrobe full of pumps.

"I'm a total shopaholic! I've tried to stop, but I love clothes and fashion way too much! I probably own more than 400 pairs of shoes. That's a lot, isn't it?" Hudson says.

Hudson, who has a four-year-old son, Ryder, with ex-husband Chris Robinson, also revealed she thinks it is unfair when people think a woman's sexiness departs when she becomes a mother.

"Hey, single moms can still be sexy!" she adds. "You just do the best you can. I think any mother, working or not, should take a little time out every day to be themselves."

METRO NEWS SERVICES

Moss fuming after cancellation

GOSSIP Supermodel Kate Moss was left fuming this past week after flying in to New York for a modelling job — only to discover the shoot had been cancelled at the last minute, imdb.com reports.

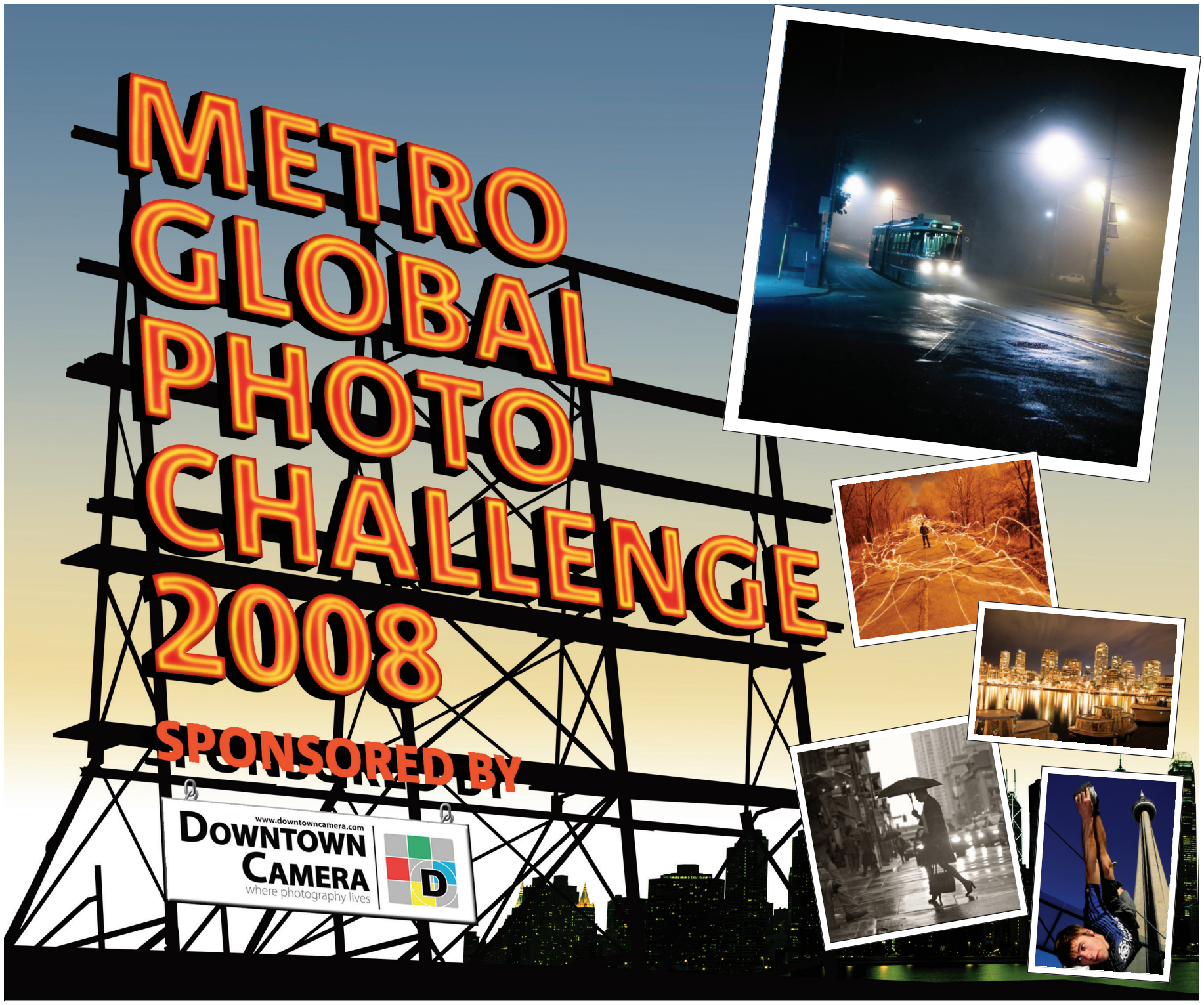
Moss arrived at JFK airport last week when she was told the job for fashion monthly W magazine had been scrapped.

So, after stepping outside for a cigarette, Moss headed straight back into the departure lounge to catch a return flight to London, arriving back at Heathrow airport just 24 hours after leaving the United Kingdom.

"She wasn't very happy at all," a source says. "She was pretty annoyed that she'd flown all that way for no reason at all. There'd been a total mixup and the shoot had been cancelled before she'd left London — but no one had told her, she said. So she had to turn around, change her ticket and go all the way back again on an overnight flight. She was very unimpressed and was heard complaining that she'd wasted two days and suffered a load of hassle and jet lag."

W magazine editors were reportedly charged with the $11,840 US bill for Moss' first-class flights.

METRO NEWS SERVICES



Canada has voted!

CONGRATULATIONS JOEL CHARLEBOIS

winner with his photo ***Midnight Tram to Humber.***

His photo was voted best in Canada! Joel has won a ***Nikon D700 DSLR & Nikon 24-70mm F2.8 Zoom Lens*** *(valued at $4,988 CDN).*

Other Canadian finalists (top to bottom): ***Life Rushing By*** ~ Lydia Macintosh • ***Granville Island Market*** ~ Bounkham Sengsavanh • ***Soggy City*** ~ Steven Lungley • ***Toronto Breaks*** ~ Steve Tunzi

Thanks for helping choose the top 5 Canadian photos that will go on to the global finals. A global jury chaired by Mario Delogu and including Canada's own Paul Wearing will deliberate over the top 5 entries from all twenty countries in the competition, and will select one international winner by December 3rd.

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Today Rain and snow 3° / 1° 40%
Wednesday Rain and snow 3° / -2° 70%
Thursday Flurries 3° / 1° 40%
WE'LL KNOW WHEN YOUR JOINTS ACHE BEFORE YOU DO.
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Take Five

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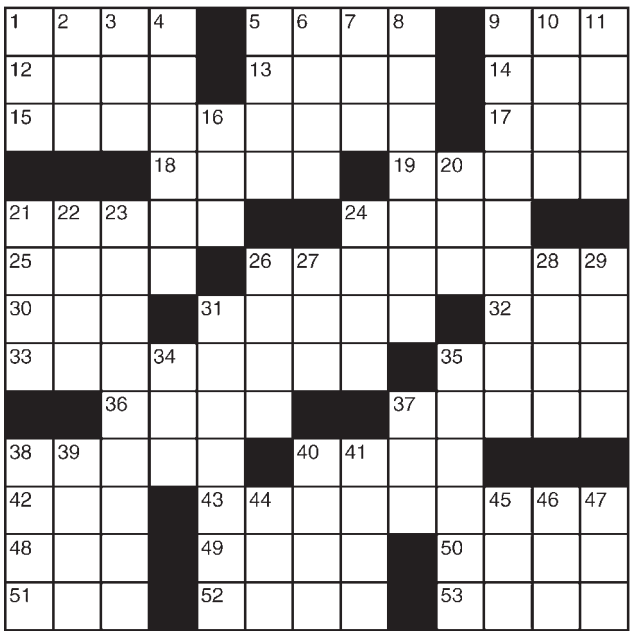

Crossword across

1 Attempt, in basketball
5 Condo, for instance
9 Parcel of land
12 Franc replacement
13 Wounded
14 Commotion
15 Site maintainer
17 Affirmative action?
18 Grow weary
19 Large
21 Shaving tool
24 Elite alternative
25 Teensy bit
26 Sit-ins and such
30 Anderson's "High —"
31 Glistened
32 Gratuity
33 Catching sight of
35 Scoff
36 MPs' quarry
37 Actress Halle
38 Bust
40 Shopper's need
42 Last (Abbr.)
43 White gypsum
48 "A pox upon thee!"
49 Honeycomb compartment
50 Vicinity
51 Supporting
52 Gopher's hideout
53 Create

Crossword down

1 Stitch
2 Coloration
3 Sphere
4 Long, narrow drum
5 "Back in the —"
6 Staff member?
7 Rage
8 Wood eater
9 York adversary
10 Smell
11 — list (agenda)
16 Melody
20 Blackjack part
21 "Phooey!"
22 On
23 Persian prophet
24 Vintage video game
26 Dr. McGraw
27 Director Howard
28 Layer
29 Agile
31 Belly
34 Pair
35 Stuff tossed overboard
37 Support system?
38 Enthusiast
39 Hodgepodge
40 Shout
41 Skilled
44 Zodiac cat
45 La-la lead-in
46 "A mouse!"
47 "Norma —"

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3		6		4		5	
			9		7			
5		1				4		6
		2	4		6	7		
9								2
		8	7		2	3		
8		6				5		7
			8		5			
	2		1		9		3	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

L	O	C	H	■	D	D	T	■	R	O	B	E		
S	C	R	U	T	I	N	Y	■	E	Y	E	D		
D	A	Y	D	R	E	A	M	■	M	E	N	D		
■	■	■	D	O	T	■	P	I	A	Z	Z	A		
H	O	T	L	Y	■	R	A	C	K	■	■	■		
O	B	O	E	■	S	U	N	B	E	A	M	■		
P	I	G	■	S	T	R	U	M	■	F	A	D		
■	T	A	G	T	E	A	M	■	W	A	N	E		
■	■	■	H	E	A	L	■	S	H	R	E	W		
S	H	T	E	T	L	■	D	U	O	■	■	■		
P	O	R	T	■	I	C	E	C	R	E	A	M		
A	L	I	T	■	N	E	C	K	L	A	C	E		
M	E	M	O	■	G	E	O	■	S	T	E	W		

3	9	4	1	8	7	2	6	5
8	1	2	4	6	5	9	7	3
7	6	5	9	3	2	8	4	1
6	2	9	5	4	1	7	3	8
4	7	1	8	9	3	6	5	2
5	3	8	2	7	6	1	9	4
9	4	3	7	1	8	5	2	6
1	5	6	3	2	9	4	8	7
2	8	7	6	5	4	3	1	9

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Rice Cakes with Mushroom-Walnut Sauce

CAKE INGREDIENTS:
1/2 cup (125 mL) uncooked long-grain rice
1/4 cup (50 mL) finely chopped yellow onion
1/4 cup (50 mL) finely chopped green, red or yellow pepper
1/4 cup (50 mL) seasoned fine dry bread crumbs
1 large egg, lightly beaten
1/8 tsp (0.5 mL) ground cayenne pepper
2 tbsp (25 mL) vegetable oil

SAUCE:
1 tbsp (15 mL) butter or margarine
1 cup (250 mL) sliced fresh mushrooms
1/4 cup (50 mL) finely sliced scallions with tops
2 tbsp (25 mL) all-purpose flour
1/4 tsp (1 mL) salt
1/8 tsp (0.5 mL) black pepper
1 cup (250 mL) low-sodium beef broth
1/4 cup (50 mL) chopped walnuts, toasted

METHOD:
1. For rice cakes, in a medium-sized pot, cook rice according to package directions, omitting butter. Stir in onion, green pepper, bread crumbs, egg and ground cayenne. Shape mixture into 4 patties. Cover and refrigerate 1 hour.
2. In a non-stick skillet, heat oil over moderate heat. Cook patties 3 minutes per side or until golden. Transfer patties to a platter and keep warm.
3. For sauce, in a medium-sized pot, melt butter over moderate heat. Add mushrooms and scallions; cook 3 minutes. Stir in flour, salt and black pepper. Cook 1 minute. Stir in beef broth. Cook, stirring, for 5 minutes or until thickened. Stir in walnuts. Serve sauce over patties.

SERVES 2

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Chatting with a special person is the highlight of the day. Too much activity may create dissension. You have a date with destiny.

TAURUS
APRIL 21-MAY 21
Don't shy away from the good times. An old friend forgives all mistakes. Push comes to shove in a relationship issue.

GEMINI
MAY 22-JUNE 21
Scandalous things will happen. It won't be easy to communicate with an important person. Decency and humility result in a good conscience.

CANCER
JUNE 22-JULY 22
Accept responsibility for your harsh words. Help somebody to believe in miracles. A free spirit reveals the best of human nature.

LEO
JULY 23-AUG 23
Share your dreams with a youthful person. A powerful romantic attraction is growing. An obstinate man gets feisty at work.

VIRGO
AUG 24-SEPT 22
Make someone go wild with joy. A relative makes a mysterious remark. A younger person will give good advice.

LIBRA
SEPT 23-OCT 23
You'll be in the right place right on time. A former friend apologizes for a hasty farewell. Give generously to a poverty-stricken person.

SCORPIO
OCT 24-NOV 22
Don't fall for a con artist. A dull ache reminds you of a defunct relationship. Resolve to avoid inconsiderate people.

SAGITTARIUS
NOV 23-DEC 21
Be strong in the face of someone's denial. Take care of business as soon as possible. Good news is received.

CAPRICORN
DEC 22-JAN 20
Relationship expectations need to be discussed. Don't complain about a loss of independence. A relative makes an offensive suggestion.

AQUARIUS
JAN 21-FEB 18
It's too late to turn away from a plan now. Take someone's breath away with a true story. Trust that your finances will recover.

PISCES
FEB 19-MARCH 20
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